

MY COPING SKILLS

TOP THREE TRIGGERS

WARNING SIGNS

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COPING SKILLS AVAILABLE

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PEOPLE I CAN TALK TO

1 _____

2 _____

3 _____

POSITIVE SELF-TALK

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CHALLENGING MY THOUGHTS

- WHAT IS THE WORST-CASE SCENARIO?
- WHAT IS THE BEST-CASE SCENARIO?
- WHAT DOES THE EVIDENCE SAY?
- WILL THIS MATTER ONE YEAR FROM NOW?