

Checklist of Individual Coping Skills

Coping Skill	Description	Tried?	Your Rating
Distraction	You do something (almost anything) to take your mind off of the negative emotional state.	<input type="checkbox"/>	☆☆☆☆☆
Paced Breathing	A calming breathing exercise reduces anxiety and serves as a distraction from negative thoughts.	<input type="checkbox"/>	☆☆☆☆☆
Grounding	Pay more attention to the information coming from your five senses so as to distract yourself from unwanted thoughts and negative emotions.	<input type="checkbox"/>	☆☆☆☆☆
Relaxing Visualization	Imagining a pleasant environment has a relaxing effect on the mind.	<input type="checkbox"/>	☆☆☆☆☆
Self-soothing	Use a soothing (sense-based) activity to serve as a calming distraction.	<input type="checkbox"/>	☆☆☆☆☆
Gratitude Journaling	Regularly reflect on those aspects of your life that you are grateful for.	<input type="checkbox"/>	☆☆☆☆☆
Love and Kindness Meditation	Meditate by repeating a mantra expressing love and kindness towards an increasingly broad group of people.	<input type="checkbox"/>	☆☆☆☆☆
Mindfulness	Do one thing at a time and accept whatever thoughts pass while you do it.	<input type="checkbox"/>	☆☆☆☆☆
Activation	Improve your mood by increasing your activity level and avoiding sitting around or being inactive.	<input type="checkbox"/>	☆☆☆☆☆
Worry Appointments	Postpone thinking about important issues until you can focus on them. Actually keep your appointment.	<input type="checkbox"/>	☆☆☆☆☆
Committed Action	Do the things that you have been meaning to do, even though you don't feel like doing them.	<input type="checkbox"/>	☆☆☆☆☆
Deep Relaxation Training	Through practice, you learn to activate your body's natural relaxation response.	<input type="checkbox"/>	☆☆☆☆☆

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Checklist of Social and Advanced Coping Skills

Coping Skill	Description	Tried?	Your Rating
Social Coping Skills			
Third-spacing	Spend time in a safe social setting to reduce negative feelings associated with isolation.	<input type="checkbox"/>	☆☆☆☆☆
Animal Friendships	Experience the unconditional affection of a loving pet.	<input type="checkbox"/>	☆☆☆☆☆
Social Distraction	Use the company of one or more people to take your mind off of what you are going through (without discussing your difficulties).	<input type="checkbox"/>	☆☆☆☆☆
Deep Relating	Tell someone else about what you are struggling with.	<input type="checkbox"/>	☆☆☆☆☆
Advanced Coping Skills			
Strategizing	Figure out what is under your control and use that to propose a way to improve your situation.	<input type="checkbox"/>	☆☆☆☆☆
Thought Work	Learn to recognize how your thoughts affect your mood and replace unhelpful thoughts with more helpful thoughts.	<input type="checkbox"/>	☆☆☆☆☆
Improving Underlying Beliefs	Examine your beliefs about yourself and the world so you can replace the beliefs that are making you miserable with beliefs that will help you progress.	<input type="checkbox"/>	☆☆☆☆☆
Expansion	Study your emotions with curiosity so that you can accept them and focus on more important things.	<input type="checkbox"/>	☆☆☆☆☆
Defusion	Learn to let your thoughts come and go without being as affected by them.	<input type="checkbox"/>	☆☆☆☆☆
Connect with your Values	Re-interpret your current difficulties in light of the values you want to live by.	<input type="checkbox"/>	☆☆☆☆☆

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