

What I already do, and what actually helps

A worksheet for listing the ways you already cope, weighing how well each one works, and matching a strategy to the level of distress you are actually in.

Adults · Individual

CLIENT NAME OR INITIALS

DATE

CLINICIAN

01 How to use this worksheet

Start with section 02 and write down three things you already do when you are stressed, upset, or overwhelmed, in your own words. Include the ones that help a lot, a little, or only for a moment. Nothing here is graded. Section 03 sorts strategies into the moments they are realistic to use, and section 04 turns one of them into a plan specific enough to follow.

WHY IT HELPS

Coping strategies are not simply good or bad. What matters is how well one fits the person, the situation, and the level of distress. Naming what you already do, and what it costs, makes that fit visible and easier to adjust.

02 What I already do

Three strategies, one per row, in your own words.

WHAT I DO	WHAT IT DOES FOR ME	RELIEF 0-10	HOW LONG	WHAT IT COSTS

03 Matching the skill to the moment

Two options per band. A blank is useful information too.

A strategy that works when you are mildly stressed can be hard to use when you are overwhelmed, and the reverse is also true. Use your own strategies from section 02 where they fit.

Distress 0-3 · I can still think it through

Often: problem solving, reframing, planning, activity

Distress 4-6 · I am rattled but functioning

Often: movement, routine, reaching out, opposite action

Distress 7-10 · Words are hard to find

Often: breathing, temperature, grounding, one contact

04 One plan, specific enough to follow

"Call someone" is hard to do. "Text my sister the word red" is easier.

A SITUATION I EXPECT THIS WEEK

HOW I WILL KNOW IT IS STARTING - BODY, THOUGHT, OR URGE

FIRST THING I WILL TRY, IN EXACT WORDS

IF THAT DOES NOT HELP, THE NEXT THING I WILL TRY

ONE PERSON I CAN CONTACT, AND WHAT I WILL SAY

I PRACTISED THIS IN SESSION - CIRCLE ONE

Yes Not yet

05 Reflection

Which strategy surprised you once you wrote down what it actually costs?

Which band in section 03 has the fewest options, and what would help you fill it?

What do you want to bring back to your next session?

06 Practice log

One line each time you try something, before the next session.

DAY	WHAT I TRIED	BEFORE	AFTER	WOULD I USE IT AGAIN

NOTES - CLIENT OR CLINICIAN

If you are in crisis or thinking about harming yourself, call or text 988 (Suicide & Crisis Lifeline) in the U.S., 24/7, or contact your local emergency number.