Coping Analysis Activity

List the things that cause you stress physically, emotionally or cognitively. After you have identified your stressors, write down ways you cope with them and then rate how effective you think that strategy is. Does this coping style allow you to accomplish what you want or need? Is it easy to use this coping skill? Does the way you cope with this stressor make you feel good after you've used it?

Once you have created your list, look at how many stressors you aren't effectively coping with. This is where you may want to make some changes.

Stressor	Coping Style	Not 12345 Very Effective Effective

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