

# COPING SKILLS CHECKLIST

LA CHEIM BEHAVIORAL HEALTH SERVICES

COPING SKILL	TRIED?
Accept What Is	<input type="checkbox"/>
Applaud Your Effort	<input type="checkbox"/>
Ask for Help	<input type="checkbox"/>
Avoid "Should"'s	<input type="checkbox"/>
Avoid Harsh Self-Talk	<input type="checkbox"/>
Be Creative	<input type="checkbox"/>
Be Direct	<input type="checkbox"/>
Be in the Moment	<input type="checkbox"/>
Be Realistic yet Optimistic	<input type="checkbox"/>
Be Rigorously Honest	<input type="checkbox"/>
Breathe Deeply from Your Belly	<input type="checkbox"/>
Build Self-Appreciation	<input type="checkbox"/>
Build Self-Respect	<input type="checkbox"/>
Build Structure	<input type="checkbox"/>
Care for Your Body	<input type="checkbox"/>
Challenge Negative Thoughts	<input type="checkbox"/>
Change Your Posture	<input type="checkbox"/>
Cheerlead Yourself	<input type="checkbox"/>

Choose Self-Respect	<input type="checkbox"/>
Counteract Pessimism	<input type="checkbox"/>
Create a New Story	<input type="checkbox"/>
Create Meaning	<input type="checkbox"/>
Create Structure	<input type="checkbox"/>
Cultivate Gratitude	<input type="checkbox"/>
Cultivate Healthy Habits	<input type="checkbox"/>
Deep Breathing	<input type="checkbox"/>
Defuse Harsh Self-Talk	<input type="checkbox"/>
Develop an Action Plan	<input type="checkbox"/>
Develop Healthy Habits	<input type="checkbox"/>
Distract Yourself	<input type="checkbox"/>
Do Something New	<input type="checkbox"/>
Embrace Imperfection	<input type="checkbox"/>
Embrace the Emotion	<input type="checkbox"/>
Emphasize Pleasure, Deemphasize Pain	<input type="checkbox"/>
Enjoy Humor	<input type="checkbox"/>
Experiment with the Half-Smile	<input type="checkbox"/>
Find the Humor	<input type="checkbox"/>
Get Inspired	<input type="checkbox"/>
Help Someone Else	<input type="checkbox"/>
Identify Patterns	<input type="checkbox"/>

Imagine Things Going Well	<input type="checkbox"/>
Journal	<input type="checkbox"/>
Just Show Up	<input type="checkbox"/>
Keep Trying	<input type="checkbox"/>
Learn from Experience	<input type="checkbox"/>
List Your Options	<input type="checkbox"/>
Listen to Music	<input type="checkbox"/>
Listen to Your Needs	<input type="checkbox"/>
Make a Commitment	<input type="checkbox"/>
Make a Plan	<input type="checkbox"/>
Mix Change with Acceptance	<input type="checkbox"/>
Muscle Relaxation	<input type="checkbox"/>
Name Your Emotions	<input type="checkbox"/>
Notice What You Control	<input type="checkbox"/>
Notice Your Growth	<input type="checkbox"/>
Nurture Yourself	<input type="checkbox"/>
Nurture Yourself	<input type="checkbox"/>
Pace Yourself	<input type="checkbox"/>
Practice Mindfulness	<input type="checkbox"/>
Practice Rigorous Honesty	<input type="checkbox"/>
Praise Yourself	<input type="checkbox"/>
Progressive Muscle Relaxation	<input type="checkbox"/>

Push the 'Pause' Button	<input type="checkbox"/>
Radical Acceptance	<input type="checkbox"/>
Reach for Resources	<input type="checkbox"/>
Recognize Distorted Thoughts	<input type="checkbox"/>
Remember the Good	<input type="checkbox"/>
Reward Yourself	<input type="checkbox"/>
Risk Failure	<input type="checkbox"/>
Savor the Moment	<input type="checkbox"/>
Say "Yes" / Say "No" / Say "Maybe"	<input type="checkbox"/>
Seek Feedback	<input type="checkbox"/>
Seek Solutions	<input type="checkbox"/>
Seek Understanding	<input type="checkbox"/>
Seek Wisdom in Others	<input type="checkbox"/>
Set Short-Term Goals	<input type="checkbox"/>
Set the Pain Aside for a Day	<input type="checkbox"/>
Smile! Laugh! Enjoy!	<input type="checkbox"/>
Sooth Yourself	<input type="checkbox"/>
Square Something Away	<input type="checkbox"/>
Stop What's Not Working	<input type="checkbox"/>
Take Care of Your Body	<input type="checkbox"/>
Take Opposite Action	<input type="checkbox"/>
Talk It Over	<input type="checkbox"/>

This Too Shall Pass	<input type="checkbox"/>
Tolerate Discomfort	<input type="checkbox"/>
Trust the Process	<input type="checkbox"/>
Try, Try Again	<input type="checkbox"/>
Use Distraction	<input type="checkbox"/>
Use Kind Language	<input type="checkbox"/>
Visualize Positive Changes	<input type="checkbox"/>
Work Your Program	<input type="checkbox"/>