

# COPING STRATEGIES FOR DISTRESS SITUATIONS

Distressing Situation	Old Coping Strategies	Unhealthy Consequences	New Coping Strategies	Healthier Possible Consequences
Example: When I'm with my brother, he always corrects every-things I do.	Example: We fight. I eat too much. I scratch myself. I think about all the times he's insulated me in the past.	Example: We both get angry. I gain weight. I get cuts all over my faces and arms. I feel horrible for days thinking about the past.	Example: Take a time-out. Use my new coping thought: "I'm strong and I can deal with him". Radically accept myself and situation in a new way.	Example: We won't fight as much. I won't eat as much. I'll feel stronger. Maybe I can deal with the situation better in the future.