



Personal Coping Skills Plan

Self-Soothing (Comforting yourself through your five senses) 1. Something to touch 2. Something to hear 3. Something to see 4. Something to taste 5. Something to smell	Distraction (Taking your mind off the problem for a while)	Opposite Action (Doing the opposite of your impulse; doing something that will help create positive emotions) 1. Affirmations and Inspiration 2. Something cheerful
Emotional Awareness (Using strategies for identifying and expressing your feelings)	Mindfulness (Tools for centering and grounding yourself in the present moment)	Crisis Plan (Contact information of supports and resources, for when coping skills are not enough)

Personal Guide To Coping

David A. Clark, Aaron T. Beck



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