

Coping Strategies Analysis

Coping Strategy	Short-Term Effectiveness Rate on Scale of 0-10	Long-Term Effectiveness Rate on Scale of 0-10	Is this Strategy in Line with my Values? *

*When asking yourself this question, think: is this strategy something that is important to me, and contributes to my relationships, personal growth, spirituality, healthy, etc.? Is this strategy something I would want people to remember me for?

Coping Strategies Analysis

Committed ACTION Plan

- 1) Record some goals that are in line with what's important to you. Try and think of things that bring you closer to being the kind of person you'd like to be, or maybe things that you used to do but have stopped doing. You don't have to fill the entire space we've provided – just think of a few.

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- 2) Use the chart on the following page to plan when you will work towards these goals. Fill in the boxes on the top vertical row with the days of the week/month, and then fill in the first column with your goals. Use the boxes to check off your progress towards your goal.

