My Coping Map

Look at how you coped with one hard moment: what helped now, what cost you later.

Name: _____ **Date:** _____

1 A recent stressful moment

Facts first: what happened, when, who was involved

What happened:

How stressed did I feel (0 to 10)? 0 1 2 3 4 5 6 7 8 9 10

2 How much of it can I change?

Tick one, then name the part that is in my hands

- ☐ Most of it
- ☐ Some of it
- ☐ Very little of it

The part I can change:

3 What I did to cope

Tick everything you did. The right column often costs more later.

- ☐ Made a plan or took one step
- ☐ Asked for help or advice
- ☐ Talked to someone for comfort
- ☐ Looked at it from another angle
- ☐ Accepted what I could not change
- ☐ Moved my body or slowed my breathing
- ☐ Took a short, planned break
- ☐ Avoided it or put it off
- ☐ Drank, used or overate to cope
- ☐ Replayed it over and over
- ☐ Pulled away from people
- ☐ Blamed or criticized myself
- ☐ Scrolled or zoned out for hours
- ☐ Other:

4 Now vs later

Most coping helps a little right away. The question is what it costs next week.

What it gave me right away:

What it cost me later (sleep, money, health, people, the problem itself):

5 What I could try next time

One idea for each. Small and specific beats big and vague.

For the part I can change, one step:

For the feelings, one way to calm or make room:

Who I could reach out to:

What I will do less of:

Original layout by Lotus & Tulip. A reflection and practice tool, not a test, a diagnosis or medical advice.

Free printable from Lotus & Tulip · lotustulip.com/coping-skills-worksheets-for-adults.html

My Coping Plan

Build a coping menu you can reach for, and match the skill to the situation.

Name: _____ **Date:** _____

1 My coping menu

At least one thing I actually do, or will try, for each type

Act on the problem: _____

Calm my body: _____

Shift my thinking: _____

Connect with people: _____

Accept and make room: _____

Healthy distraction: _____

Meaning and values: _____

2 Coping by situation

Pick skills from my menu for my most common stressors

Situation	If I can change it	If I cannot change it

3 Costly coping I will cut back

Name it, then name what I will do instead

Costly habit	What I will do instead

4 My 4 week check

How often I used my menu, how often costly coping, average stress

Week 1	Week 2	Week 3	Week 4
Used menu:	Used menu:	Used menu:	Used menu:
Costly:	Costly:	Costly:	Costly:
Stress 0-10:	Stress 0-10:	Stress 0-10:	Stress 0-10:

Good to know

1. Not a test or a diagnosis. This page is not the COPE or Brief COPE and gives no score.
2. No skill works everywhere. Match it to the situation, and keep a few options for each type.
3. If you rely on alcohol or drugs to cope, the SAMHSA National Helpline is free and open 24/7.

In the US: call or text 988 in a crisis. SAMHSA Helpline: 1-800-662-4357.

My go-to person and their number: _____

I will review this plan on: _____

Original layout by Lotus & Tulip. A reflection and practice tool, not a test, a diagnosis or medical advice.

Free printable from Lotus & Tulip · lotustulip.com/coping-skills-worksheets-for-adults.html

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

DBT Worksheets for Therapists, skills handouts for adult clients across all four DBT skill areas

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4606252502 | instant digital download

See every page first: lotustulip.com/dbt-worksheets-for-therapists.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.