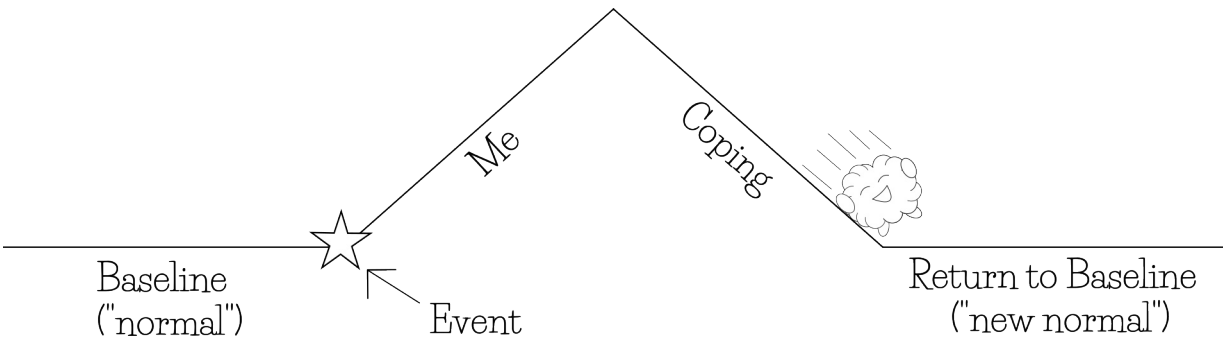
Extra Worksheets

Here are several of the worksheets from The Coping Book in case you need extras.
Find free, printable copies (and more!) at **www.rrauthor.com/coping** or point your camera phone at ↑

Part I: How to Cope

The **Baseline-Event-Me-Coping-Return to Baseline** chart (printed book pg. 5):



The **Event→Me→Coping** narrative (printed book pg. 14):

The Event that happened, or is happening. Circle all that apply: short, long, inner, outer:

_____

Me: effect it immediately had, or is having, on me (body, thoughts, and emotions):

_____

Coping: action I took to make myself feel better:

_____

Was my coping skillful, or was I responding with Autocoping? _____

The **Scale of Intentionality** (printed book pg. 16):

If there's an Event in which your intent is being questioned (by you or someone else), try clarifying with this scale:

0 intentionality = didn't intend it at all and the thought was the furthest thing from my mind.
3 = it was somewhere in the back of my mind.
5 = the thought crossed my mind, but I dismissed it.
7 = I put in effort.
10 = I was focused and poured every ounce of myself into it.

Step 1: Pregame (printed book pg. 24)

Pregaming Step 1: Look back to go forward.
When do my stressful Events tend to happen? (examples: in the morning, when I'm having a high pain day, around the holidays, when I'm yelled at, etc.) Looking way back—even into childhood—**when** did the earliest instances of Events like this occur? Is there a lifelong pattern?

_____

_____

Where do my stressful Events tend to happen? (examples: at work, on social media, on my way to work, in bars, etc.)

_____

_____

Who does it, or who is there? (examples: me, partners, friends, other drivers, co-workers, family, children, etc.)

_____

_____

What are the Events that typically lead up to it? (examples: driving, feeling hungry, my partner subtly changing, hot temperatures, etc.) **What** are the typical results of my choices, both long-term and short-term?

_____

_____

Pregaming Step 2: Assess Your Skills
What am I already good at? What coping skills do I already use? What is my go-to mood changer? My best social skill? The quickest way I know to pull myself up?

_____

_____

Pregaming Step 3: Plan
How would I like to act? What research can I do before I say yes? How would I like to be able to handle situations like these in the future? What would my grandmother do? My father? A saint? A superhero? If I don't like the ways I've handled things so far, what would the opposite of those ways be? For example, the opposite of frantic could be calm.

_____

_____

Circle or highlight any of the following **Values** you hold (printed book pg. 26):

Honesty	Integrity	Cleanliness	Spirituality
Spontaneity	Ease	Service/helping others	Physical health
Mental wellness	Calm	Excitement	Humor
Productivity	Luxury	Simplicity	Family
Independence	Support	Joy	Understanding
Communication	Appreciation	Expression	Love
Creativity	Sacrifice	Compromise	Respect
Unity	Individuality	Seriousness	Sensuality
Wisdom	Activity	Peace	Growth
Loyalty	Diversity	Energy	Friendship
Friction	Engagement	Attention	Solitude
Dignity	Stability	Reliability	Familiarity
Experimentation	Openness	Success	Gentleness
Directness	Leisure	Dominance	Admiration
Dependence	Equality	Consistency	Variation
Control	Freedom	Self-sufficiency	Commitment
Interdependence	Safety	Assuredness	Reassurance
Balance	Companionship	Protection	Camaraderie
Maturity	Responsibility	Fun	Obedience
Tradition	Humanity	Fluidity	Flexibility
Empathy	Patience	Forgiveness	Trust
Dependability	Frugality	Efficiency	Assistance
Adventure	Connection	Differentiation	Validation
Compassion	Positivity	Optimism	Realism

Others: _____

From the ones you circled or came up with, list your top few Values:

_____

Circle or highlight any of the following **States of Being** you like to embody (printed book pg. 27):

Being wise. Being calm. Being chill. Being relaxed. Being awesome.

Being fun. Being outgoing. Being focused. Being centered. Being happy.

Being active. Being compassionate. Being honest. Being consistent.

Being sensitive. Being right. Being funny. Being aware. Being positive.

Being loving. Being hopeful. Being comfortable. Being blunt.

Being helpful. Being kind. Being fair. Being connected.

Others: _____

From the ones you circled or came up with, list your top few States of Being:

_____

If you really want to challenge yourself, go back and identify the Values and States of Being you've *actually* been living your life by (check for: pleasure, greed, materialism, righteousness, vanity, pride, and superiority, for instance), at least up until this point.

Create a **Plan** (printed book pg. 28) for how you want to handle tough situations in the future, or for how you're going to begin to handle the current stressor you're experiencing.

My Plan:

When a stressful Event occurs in my life, like _____,
I would like to utilize the Values of _____
and handle it while Being _____.
Coping skills I already have to help with this are _____.

Step 2: Become Aware

Naming and Sensation Vocabulary (printed book pg. 33)
Become Aware through your Outer Senses, clearly Naming your experiences:

Audible:

Right now I hear: _____
The sound is:_____

(Some audible vocabulary words: loud, quiet, pulsating, consistent, sharp, soft, echoing, close, distant, brief, continuous, other)

Olfactory:

Right now I smell: _____
The smell is: _____

(Some olfactory vocabulary words: sweet, pungent, acidic, smoky, floral, other)

Tactile:

Right now I feel the touch of: _____
It feels: _____

(Some tactile vocabulary words: soft, rough, firm, scratchy, warm, cool, pressure, slick, greasy, waxy, smooth, bumpy, wet, dry, other)

Gustatory:

Right now I taste: _____
The taste is: _____

(Some gustatory vocabulary words: sweet, sour, salty, spicy, earthy, tangy, bitter, other)

Visual:

Right now I see: _____
It looks: _____

(Some vision vocabulary words: large, small, square, round, flat, wavy, angular, dark, light, color, bumpy, rough, smooth, bright, dim, reflective, dull, other)

Name your Inner Senses
Watch Your TUBE (printed book pg. 34):

Thoughts: Put into words your current thought content and process.
Content: Just now I was thinking about:_____
That thought falls into the category of: _____
(Some thought content vocabulary words: worry, analysis, doubt, judgement, criticism, defensiveness, encouragement, decisiveness, commentary, opinion, observation, permission, planning, justification, hope, curiosity, wondering, expectation, restriction, music, images, memories, paranoia, prediction, praise, other)
That thought process was: _____
(Some thought process vocabulary words: fast, slow, loud, quiet, clear, muddy, illogical, logical, racing, sluggish, concrete, obsessive, forgetful, wandering, random, foggy, blanking, repeating, blocking, ruminating, looping, perseverating, flighty, jumbling, loose, consistent, other)

If you can, name the actual thought you're having right now:
"_____"

Become Aware of your patterns of thought. Notice if your thoughts fall consistently into the same categories. Do you tend to think about the same things all the time?
Thought content I tend to have: _____
Thought processes I tend to have: _____

Urges: Put your urges into words. Note the impulse to move any body part before you move it.
Right now, I'm feeling the urge to: _____
(Some urge vocabulary words: blink, swallow, fidget, scratch, bounce my foot, wring my hands, look around, check my phone, open email, clear my throat, sigh, turn the page, crack a knuckle, shift weight, adjust posture, squirm, slouch, stretch, rock, smile, scowl, cough, other)

Become Aware of your patterns of urges. Notice if your urges fall consistently into the same categories. Do you tend to have the same urges all the time?
Urges I tend to have: _____

Body Sensations: Become Aware of the inside of your body.
Right now in my _____ I feel _____
(Some body sensation vocabulary words: tingling, hunger, dizziness, wooziness, numbness, other)

Check for:

Pain
I am currently feeling pain in my _____. The pain is _____
(Some pain vocabulary words: dull, sharp, shooting, stabbing, throbbing, aching, searing, pinching, radiating, localized, other)

Muscle tension

Right now my _____ muscles are _____

(Some muscle tension vocabulary words: moving, still, tight, soft, twitching, cramped, relaxed, loose, other)

Breathing

Right now my breathing is: _____

(Some breathing vocabulary words: regular, fast, slow, deep, shallow, easy, catching, labored, hitching, free, other)

Heart rate

Right now my heart rate is: _____

(Some heart rate vocabulary words: consistent, fast, slow, soft, hard, steady, changing, other)

Become Aware of your patterns of body sensations. Notice if your body sensations fall consistently into the same categories. Do you tend to have the same body sensations all the time?

Body sensations I tend to have: _____

Emotions: Put into words your emotional state. Notice if you are experiencing several emotions at the same time.

Right now my main emotions are: _____

(Some emotion vocabulary words: happy, sad, anger, guilt, disgust, fear, love, hate, excitement, depression, embarrassment, hope, doubt, anxiety, calm, shame, peace, other)

Become Aware of your patterns of emotions. Notice if your emotions fall consistently into the same categories. Do you tend to have the same emotions all the time?

Emotions I tend to have: _____

Deeper Thoughts (printed book pg. 36)

Deep Dive into your mind by seeing what your brain says when you complete these sentences:

In my life, I should or am supposed to _____
People should or are supposed to _____
I shouldn't _____
I can't _____
People can't _____
I won't _____
People won't _____
I have to _____
People have to _____
No one ever _____
At my core, I am _____
At their core, people are _____
Life is _____

Try Deep Diving into a thought of yours:

My thought: _____
When did I start thinking this? _____
When do I think it the most? _____
Where was I when I started thinking it? _____
Where am I when I think it the most? _____
Who told me this? _____
Who was around when I started thinking it? _____
Who is around when I think it the most? _____
What has happened to make me think this? _____
Look for Ambeareis. Are the words am, be, are, or is in that thought? _____
Is there a core belief driving this thought, such as a declarative statement about yourself, people, or life?
_____

Fact Checking (printed book pg. 38)

To increase Awareness by Fact-Checking your own thoughts, answer the following questions:

My thought: _____

1) What Events have happened to make me think this thought? _____

2) What evidence do I have *against* it? (Are there exceptions?) _____

3) Would a scientist conclude this? _____

4) Would my friends, parents, children, or grandparents support me thinking it? (Go ahead and ask them.)

_____

5) Would a very logical person that I know tell me I'm being completely rational? _____

6) Would a therapist call it healthy? _____

7) Is this thought actually a feeling, judgment, or opinion masquerading as a fact? _____

8) Would I feel embarrassed later for having thought this? _____

9) Is there any bias (pre-formed thought) coloring this thought? _____

10) Would I believe this about someone I loved? _____

11) Am I thinking in black-or-whites? _____

12) Am I being dire, drastic, dramatic, stubborn, or exaggerating? _____

13) Am I making assumptions about what someone is thinking and feeling, or about what their intentions and motivations are? (Am I mind reading?) _____

14) Am I treating the future as if it's already happened? (Forecasting?) _____

15) Was this thought true in the past but not true anymore, but I continued believing it? _____

16) Can I prove this thought with scientific terms? (Is it *technically* true?) _____

17) Am I using words like "always," "never," "definitely," "absolutely," "none," "every," "all," "should," "shouldn't," "supposed to," "stupid," "have to," "can't," "need," "completely," or "totally"? If so, are they literally true? _____

18) Would the thought become more accurate if I added words like "sometimes," "this time," "can/could," "context," "if," "I believe," or "to me"? _____

19) Am I taking things personally? _____

20) Am I generalizing a few times to every time or a few situations to all situations? _____

21) Do I have a secret strategy by thinking this thought, like hoping I'll get saved, rescued, or bailed out, or receive permission, praise, acceptance, help, sympathy, validation, or attention? _____

22) Is this thought better explained by someone else having put it in my head? (Has someone said this thought to me before, or implied it?) _____

23) Is there pain or fear driving this thought? _____

24) Is this thought just a part of my current mood? Has this thought changed as my moods have changed?

_____

25) Am I treating this thought like it's permanent? Could this thought—or the conditions it describes—be changed? _____

Or sometimes just asking yourself:

26) Is this *true*? (Notice if your brain said, "But it *feels* like it's true.") _____

27) Can I modify this thought to make it more true? What other conclusions can I draw?

Old thought: _____ New thought: _____

28) Are there other aspects of the situation I'm forgetting or not currently thinking of? _____

Safe Fears (printed book pg. 40)

Safe Fears are fears that you know aren't dangerous. They're not sensical, but you fear them anyway. For instance, you might be scared of SpongeBob SquarePants, even though you know he's too spongy to hurt you. Black holes might terrify you, even though the closest one is 1,500 light-years away. To test your fears, utilize the Fact Checking list on thoughts like:

"_____ can hurt me."
"_____ is important to be scared of."
"_____ is dangerous."

If your fear passes the Fact Checking test, you can conclude it's a logical fear. If your fear doesn't pass the Fact Checking test, you can call it a Safe Fear.

But before you disregard a Safe Fear or take your other Fact-Checked thought on a banner for a victory lap, run it through this next test to make sure it's helpful.

Helpfulness Checking (pg. 40)

A thought is true to you if it passes all your Fact Checking tests.

A thought is helpful to you if it is getting you to where you are going.

You know where you're going because you filled out the exercises in the Pregaming chapter, identifying your Plan, Values, and Preferred States of Being. Become Aware of the function of your thought by answering these questions about it:

1) Whether it's true or not, is this thought *helpful*? _____
2) Is it helpful thinking it as often as I do? _____
3) Is it helpful thinking it as intensely as I do? _____
4) Has this thought gotten me to where I'm trying to go? _____
5) Is it consistent with my Values? _____
6) Does it put me in my Preferred State of Being? _____
7) Is there a consequence to having this thought, or acting on it? _____
8) Is there a benefit to having this thought, or acting on it? _____
9) Does the consequence outweigh the benefit, or vice versa? _____
10) What more helpful or functional thoughts could I have instead? _____
Old thought: _____ New thought: _____

Remember that even if your thought passes all these tests and is factual and helpful, it—or the conditions it describes—may still change.

Step 3: STOP! (printed book pg. 54)

If you're having a hard time stopping an unwanted behavior, fill out this worksheet:

Event→Me→Coping

Event: _____
Me: _____
Autocoping: _____

Skillful Coping:

Step 1: Pregame: when-where-who-what?

_____

Pregame: assess my skills:

_____

Pregame: plan:

_____

Step 2: Become Aware. Name the emotion and the urge to act:

_____

Step 3: STOP
Take a deep breath and count.
Sit with the emotion.
Treat your emotion like a wave, rising and falling.
Urge Surf.
Think of the long-term vs. short-term results of your choice.

Short-term: _____
Long-term: _____

If you're still struggling, check for:

Laziness: _____
Stubbornness: _____
Fear: _____
Mis-prioritization: _____
Reinforcement: _____
Self-righteousness: _____
Cruelty: _____
Shaping: _____
Addiction: _____

Treat each of these as an Event, and apply Coping skills to each of them.

Step 4: Don't Make Things Worse (printed book pg. 56)

If you're feeling the impulse to make things worse, fill in this worksheet:

Become Aware and Name the moment:

Right now I'm feeling the urge to _____

My thoughts are doing _____

My emotions are going _____

The people around me are doing _____

If I gave in, it would feel satisfying right away, but would eventually lead to

_____

What I deeply value, what's really important to me is _____

Step 5: Calm

Affirmations (printed book pg. 63)

Calm your mind by re-minding yourself of things that you know are true about you:

Things you're good at, either physically, mentally, or in relationships:

_____

Things you like about your personality or body:

_____

Things you have:

_____

Things you've achieved:

_____

Values you hold (see printed book pages 26-27 or page 3 of these worksheets for a reminder):

_____

Another affirmation and its proof:

__I_____

and I know this is true because_____.

Step 6: Choose

Postgaming (printed book pg. 72)
Complete this worksheet if you find that you've failed to stick to your Coping Plan:

Event→Me→Coping

Event: _____
Me: _____
Autocoping: _____
Skillful Coping: _____
Become Aware: _____
STOP: _____
Don't Make Things Worse: _____
Calm: _____

Postgaming Step 1: Look back to go forward.

When did I fail? _____
Where was I? _____
Who was there? _____
What Events led up to it? _____
What are the results of my choice, both long-term and short-term? _____
_____

Postgaming Step 2: Assess Your Skills

What Coping skills do you have? _____

Postgaming Step 3: Update Your Plan

Look at each of the factors you identified in Postgaming Step 1
and identify skills for each of those factors.

When a failure occurs in my life, like _____
I would like to utilize the Values of _____
and handle it while Being _____
Coping skills that would help with each of these factors are _____
_____

Step 10: Maintain and Strengthen

If you're having a hard time applying your coping skills to an Event, try breaking the Event down using Gradation (printed book pg. 102).

First, use the Fact Checking and Helpfulness Checking lists in *Step 2: Become Aware* and on these worksheet pages 9-10 to make sure you're dealing with a Safe Fear. Then:

1) Event→Me→Autocoping.

The Event I'm struggling to use coping skills for: _____

The impact it typically has on me: _____

How I typically Autocope: _____

2) Coping skills I can use:

_____

_____

3) Levels of the Event from easiest to hardest to cope with (add more levels as needed):

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

4) Start at the easiest level: _____

5) Use your coping skills for the distress: _____

6) Once you've mastered the lowest level, **move to the next one**: _____

7) Keep going up the scale: _____

8) Once you've mastered the hardest level and can cope with the entire Event, **give yourself recognition** (Reinforcement) for what you've achieved:

_____

Coping Skills From Psychology

Psychoanalysis (printed book pg. 105)

Denial = refusing to admit (Accept?) that you did, are, felt, or thought something.
Things I have been living in denial of:

_____

Displacement = taking things out on others.
Whom (or what) have I been taking my feelings out on?

_____

Intellectualization = being clinical or professional in order to keep yourself from feeling.
Ways I have been avoiding and protecting myself through intellectualization:

_____

Projection = pretending that someone else is thinking, feeling, being, or doing the thing that you are.
Traits of mine I have been projecting, and onto whom:

_____

Rationalization = thinking logically rather than feeling.
Emotions I avoid by being rational and logical, and ways in which I do it:

_____

Reaction formation = projecting the opposite of an emotion.
Ways I portray the opposite of what I'm feeling:

_____

Regression = going back to old behaviors or developmental stages.
Times I have regressed or slipped backward:

_____

Humanism (printed book pg. 107)

People I could strengthen my connection to: _____

_____

People I could rekindle a connection with: _____

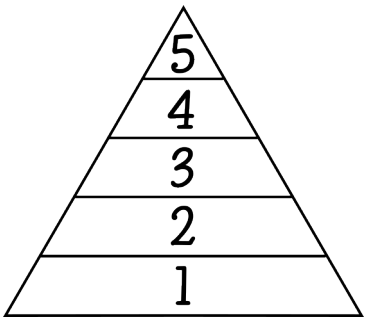
_____

Places I could go to meet new people: _____

_____

Online sites I could visit to meet new people: _____

_____



<u>The Human Hierarchy of Needs</u> (printed book pg. 107)

1st Level: Physiological Needs: Air, water, food, shelter, sleep, protection from the elements.
Improvements I could make in these areas: _____

_____

2nd Level: Safety Needs: money, security, employment.
Improvements I could make in these areas: _____

_____

3rd Level: Love and Belonging: friends, family, acceptance, connection.
Improvements I could make in these areas: _____

_____

4th Level: Esteem: self-worth, respect, status, freedom.
Improvements I could make in these areas: _____

_____

5th Level: Self-Actualization: becoming the most you can.
Improvements I could make in these areas: _____

_____

Know Where You've Been (printed book pg. 158)

Explore Where You've Been by answering the following questions:

My great-grandparents experienced: _____
(Examples: farm life, war, hunger, wealth, loss, abuse, discrimination, joy, immigration, etc.)
and were: _____
(Examples: hard, soft, focused, relaxed, in love, busy, comfortable, strict, grateful, etc.)
My grandparents experienced: _____
and were: _____
My mother experienced: _____
and was _____
My father experienced _____
and was _____
I experienced _____
and am _____

Other people who impacted me, and how: _____

Ways in which biology has impacted my life: _____

Ways in which money has impacted my life: _____

Ways in which trauma has impacted my life: _____

Ways in which society has impacted my life: _____

Ways in which schools have impacted my life: _____

Ways in which politics have impacted my life: _____

Ways in which justice systems have impacted my life: _____

Ways in which the economy has impacted my life: _____

Ways in which race has impacted my life: _____

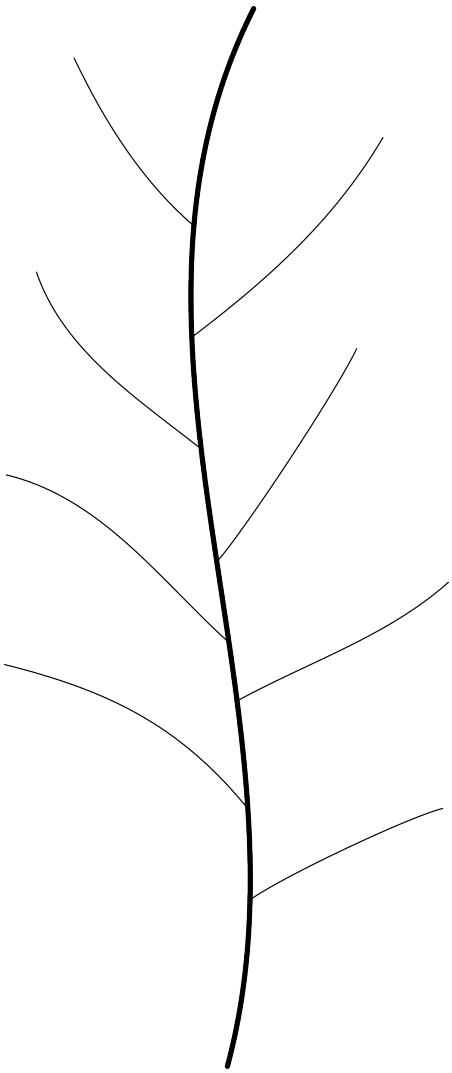
Ways in which religion has impacted my life: _____

Ways in which gender has impacted my life: _____

Other factors and Events that have impacted my life: _____

The Tributary model (printed book pg. 160).

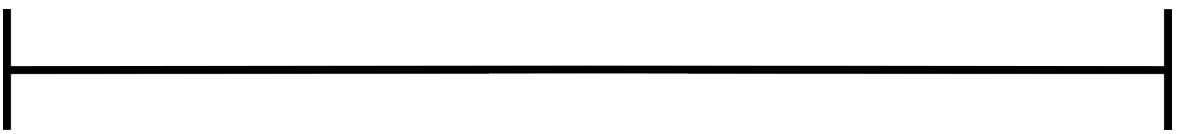
To help organize the pieces of your past, it can be helpful to look at all the influences like tributaries feeding a river. Each of the smaller streams contributes a different amount to the total flow of who you are now.



The Timeline model (printed book pg. 162)

Start with your birth and move sequentially through your life, adding Events that have had a significant impact on you. Consider adding Events that predated your birth, if you feel they're relevant. Fill in the timelines below:





Re-examining Values (printed book pg. 163)

Go through the Values and Preferred States of Being you identified in the Pregame of Part I and determine where they came from. They may have been given to you, you may have run across them through the course of your life, or they may have been picked by you. If someone around you holds the same value, it might be a sign that that value was instilled in you. Having done your best to determine where each value came from, make a decision. For example: *it's a value that was handed to me, and I want to keep it; or it's a value handed to me, but it's not really mine, so I want to discard it.* Walk yourself through your Values, making sure they're all yours and not ones you've been carrying for others.

Examine your top three Values
(refer to your answers on printed book page 27 or page 3 of these worksheets):

Value #1: _____
How I think I got it: _____
Do I want to keep it, abandon it, or modify it? _____

Value #2: _____
How I think I got it: _____
Do I want to keep it, abandon it, or modify it? _____

Value #3: _____
How I think I got it: _____
Do I want to keep it, abandon it, or modify it? _____

Do the same with your top three Preferred States of Being
(refer to your answers on printed book page 27 or page 4 of these worksheets):

Preferred State of Being #1:_____
How I think I got it: _____
Do I want to keep it, abandon it, or modify it? _____

Preferred State of Being #2: _____
How I think I got it: _____
Do I want to keep it, abandon it, or modify it? _____

Preferred State of Being #3: _____
How I think I got it: _____
Do I want to keep it, abandon it, or modify it? _____

Know Where You Are (printed book pg. 165)

Dial into yourself in the present moment, starting with an expansion of the
Watch Your TUBE (Thoughts-Urges-Body sensations-Emotions) skill.
Right now this very second...

The content of my mind is _____
The process of my mind is _____
I feel the urge to _____
Body sensations I'm experiencing:_____
The emotions I'm feeling are: _____

Expand your emotional Awareness by circling or highlighting
where on the scale of the emotions you feel you currently are.

Right now, my Happiness is 0 1 2 3 4 5 6 7 8 9 10
When I think about why I'm feeling the amount of Happiness I am, the thought that comes to mind is

_____

Right now, my Calmness is 0 1 2 3 4 5 6 7 8 9 10
When I think about why I'm feeling the amount of Calmness I am, the thought that comes to mind is

_____

Right now, my Love is 0 1 2 3 4 5 6 7 8 9 10
When I think about why I'm feeling the amount of Love I am, the thought that comes to mind is

_____

Right now, my Hurt is 0 1 2 3 4 5 6 7 8 9 10
When I think about why I'm feeling the amount of hurt I am, the thought that comes to mind is

_____

Right now, my Fear is 0 1 2 3 4 5 6 7 8 9 10
When I think about why I'm feeling the amount of Fear I am, the thought that comes to mind is

_____

Right now, my Anxiety is 0 1 2 3 4 5 6 7 8 9 10
When I think about why I'm feeling the amount of Anxiety I am, the thought that comes to mind is

_____

Right now, my Hope is 0 1 2 3 4 5 6 7 8 9 10
When I think about why I'm feeling the amount of Hope I am, the thought that comes to mind is

_____

Right now, my Guilt is 0 1 2 3 4 5 6 7 8 9 10
When I think about why I'm feeling the amount of Guilt I am, the thought that comes to mind is

_____

Right now, my Sadness is 0 1 2 3 4 5 6 7 8 9 10
When I think about why I'm feeling the amount of Sadness I am, the thought that comes to mind is

_____

Now, increase your A-where-ness to the area outside of your body.
Using your senses, describe the place you are in:

I see _____
I hear _____
I smell _____
I feel (against my body) _____

Keep going. Expand your mind to larger and larger Awareness of Where You Are.

If I'm in a structure, it is _____
If I'm outside, it is _____
Even if I can't see or hear them right now, I know that a short distance away from me there are
_____
I am in the city of _____
And county of _____
In the state of _____
In the country of _____
On the continent of _____
On the planet of _____
In the galaxy of _____

To get further data on Where You Are, recall the information
you jotted down in the exercises on printed book page 162.

.

Traits I think I was born with: _____
Traits I think resulted from life experience: _____
Traits other people have said I have: _____
Traits I have chosen, despite influence from anyone else: _____

You can also know simple things about yourself like:

My favorite color: _____
My favorite song at the moment: _____
My favorite restaurant: _____
My favorite dessert: _____cake_____
My favorite sport: _____
The place in the world I like being the most: _____
The person I feel closest to: _____
One thing most people don't know about me: _____
The personality trait I like most in other people: _____
Thing I like most about myself: _____

Thing I like most about life: _____
My favorite coping skill: _____
My job: _____
The thing I spend most of my time at home doing: _____
The best thing I am thinking about doing today: _____
The thing I waste time on the most: _____
Three emotions I think I feel most often: _____
Three emotions I want to feel more often: _____

Overall, my contentedness with Where I Am is 0 1 2 3 4 5 6 7 8 9 10

Get Your Purpose (printed book pg. 170)

If you already have your life Purpose, write it here:
My Purpose in life is to _____

If I don't know my Purpose, steps I can take to explore options or discover it:
_____

Here are the most qualified life Purpose candidates I can choose from
(look back at your Values, hobbies, jobs, interests, etc. for ideas):
_____

If I'm choosing one, its time frame is (today, this year, lifelong, etc.):
_____

Ask yourself Teri Pichot's Miracle Question: "If I woke up tomorrow morning,
and overnight a miracle had occurred and everything was perfect, what
would have changed? What would it look like? How would life be?"
_____

You can also ask yourself the Perfect World question:
"In a perfect world, everything would be _____
There would be no _____
I would be doing _____."
Consider: finances, career, vacations, mental health, physical
health, relationships, hobbies, spirituality, social involvement.

Create Long-Term Goals (printed book pg. 171)

My current Purpose: _____
Long-term Goal: _____
In order to get that I'll need: _____
In order to get that I'll need: _____
In order to get that I'll need: _____
In order to get that I'll need: _____
In order to get that I'll need: _____
In order to get that I'll need: _____
In order to get that I'll need: _____
In order to get that I'll need: _____
In order to get that I'll need: _____
In order to get that I'll need: _____
In order to get that I'll need: _____
So right now I can _____
I can do all of the above while living by the Values of _____
and while Being _____

Problem-Solving Worksheet (printed book pg. 183)

1) My Problem: _____
_____
2) My brainstorming ideas: _____
_____
_____
_____
_____
_____
_____
3) The solution that I think is the most likely to work: _____
_____
4) Steps to take: _____
_____
5) Did it work? _____

If not, circle back to Step 1.

Is there a new problem? _____

Complete a new Problem Solving Worksheet for it.
If it did work, then enjoy the ride!

And, finally, two complete **Event→Me→Skillful Coping** worksheets:

Event: _____
Me: _____
Autocoping: _____
Skillful Coping: _____

Step 1: Pregame

When does my Event tend to happen? _____
Where does my Event tend to happen? _____
Who does it, or who is there? _____
What are the Events that typically lead up to it? _____

Looking way back: when did the Event start? Do I know what the earliest influences in my life were that contributed to it?

_____

Assess Your Skills

_____

Plan

_____

Step 2: Become Aware

_____

Step 3: STOP!

_____

Step 4: Don't Make Things Worse

_____

Step 5: Calm

_____

Step 6: Choose

_____

Step 7: Vent

_____

Step 8: Mind Move

_____

Step 9: Accept

_____

Step 10: Maintain and Strengthen

_____

Add: Skills from Psychology

_____

Add: Skills from Religion

_____

Add: People Skills

_____

Event→Me→Skillful Coping

Event: _____
Me: _____
Autocoping: _____
Skillful Coping: _____

Step 1: Pregame

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Assess Your Skills

_____

Plan

_____

Step 2: Become Aware

_____

Step 3: STOP!

_____

Step 4: Don't Make Things Worse

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_____

Step 6: Choose

_____

Step 7: Vent

_____

Step 8: Mind Move

_____

Step 9: Accept

_____

Step 10: Maintain and Strengthen

_____

Add: Skills from Psychology

_____

Add: Skills from Religion

_____

Add: People Skills

_____