

If possible cut out the boxes to make cards.

Sort the cards into two piles of coping strategies that you have and have not used.

If this is not practical then you could just look through the behaviours and highlight the ones that you have used.

Think about-

- Did the strategy help you to feel better in the short term?
- Did /will the strategy help you to feel better in the long term?
- Did the strategy solve the problem?
- Could a different strategy have solved the problem more effectively?
- Did the strategy hurt anyone/anything?
- Is the strategy healthy?
- Are there any strategies that you have not used that may be helpful?
- Are there any other coping strategies that are not on the cards?

Remember:

All of the behaviours can be seen as ways of coping with bad situations- even the behaviours that are destructive or not healthy. When we are faced with a really bad situation (like Domestic Abuse) we don't always make good choices and just do whatever we can to protect ourselves. This does not excuse bad behaviour but at the time of crisis the coping strategy may have served a purpose.

We do however have to be responsible for our own actions and so we should try to think of coping strategies that are not destructive and do not hurt people (including ourselves). This will help us to make better choices and cope better in future without getting into trouble.

It is also important to remember that even if we feel that we can cope with a bad situation, usually the only way to get the problem to stop is by telling someone and getting help.



CRIED

BLAMED MYSELF

GOT ANGRY WITH MY
FRIENDS

RAN AWAY

DRANK ALCOHOL

HAD A BATH

TOLD MY TEACHER

STAYED IN MY ROOM ALL
ALONE

JUST CARRIED ON WITH
THINGS

HURT MYSELF

STOPPED SEEING MY
FRIENDS

GOT ANGRY WITH MY
FAMILY

FELT ANGRY WITH MYSELF

SMOKED CIGARETTES

RANG CHILDLINE

HIT SOMEONE

BLAMED MY FAMILY

BLOCKED IT OUT

LISTENED TO MUSIC

MADE FRIENDS ONLINE

FELT LIKE HURTING MYSELF

PLAYED ON MY COMPUTER
/ GAMES CONSOLE

HAD MOOD OUTBURSTS

DONE SOMETHING
CREATIVE

TOLD A YOUTH WORKER/
SUPPORT WORKER

CRIED ALONE

WALKED OUT OF SCHOOL

RANG SOCIAL SERVICES

WANTED TO STAY IN BED
AND NOT GET UP

STAYED AFTER SCHOOL
FOR ACTIVITIES

EXERCISED

FELT AFRAID

TRIED MY BEST AT SCHOOL

KICKED OFF WITH
SOMEONE

BROKEN SOMETHING

SAID SOMETHING I DIDN'T
REALLY MEAN

LAUGHED IT OFF

IGNORED THE PROBLEM

STOPPED EATING

EATEN LOADS

WATCHED TV/YOUTUBE

PRAYED