

Coping Card

Triggers

Things that make me feel mad, sad, or upset are:

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Reasons for living/being safe/being grateful:

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Warning Signs

Others know I am mad, sad, or upset because:

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Name: _____



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Coping Card

My Strengths

What I am good at that's gotten me through before:

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COPE Sequence

Calm: I can calm by?

Options: My options/choices are?

Perform: My best options are?

Evaluate: How did my option work?

My Coping Skills Now

When I am mad, sad or upset, I manage by:

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My New Coping Skills

New coping skills to try:

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