# Coping Card

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

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- 
- 

## Warning Signs
Others know I am mad, sad, or upset because:

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## Reasons for living/being safe/being grateful:

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- 
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Name: ________________________________

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## 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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