

Basic Coping Skills

Do Now: Answer the questions about being a “Cup-Filler” or a “Cup-Emptier” below:

In your own words, describe what “Buying Time” Coping Skills are (and how they work):

What are the three key questions to ask yourself when choosing Coping Skills that will work for best you? Why are they important?

1.

2.

3.

Choose your Top 3 Coping Skills and fill in the prompts below (then practice them for proficiency):

Coping Skill #1:

Why is this something you can easily do in front of other people?

How will you practice this? When?

Why do you think this is a good Coping Skill for you?

Coping Skill #2:

Why is this something you can easily do in front of other people?

How will you practice this? When?

Why do you think this is a good Coping Skill for you?

Coping Skill #3:

Why is this something you can easily do in front of other people?

How will you practice this? When?

Why do you think this is a good Coping Skill for you?