

Coping Skills Tree

List coping skills that you use when faced with worry or doubt. Imagine them as roots of the tree that help it to be stable and grow strong. Decide whether these coping skills are positive or negative. When have these coping skills been effective? How you can remember to use positive coping skills in the future?

Coping Skill 1: _____

Coping Skill 2: _____

Coping Skill 3: _____

Coping Skill 4: _____
