# Coping Skill Matching Worksheet

Sometimes when faced with a strong emotion that is problematic, we mis-match our coping skills and choose something that does not help us get the desired outcome we want. Not all emotions are problematic, but when they are at an intensity level that is inappropriate for the situation or they are blocking you from living your life, then it may be helpful to learn how to cope with them effectively.

This worksheet will help you increase your chances of success by teaching you to identify what you are currently feeling, the desired outcome that you would like to achieve, and some potential tools that could help you achieve the outcome you are going for.

In addition, there is a section to help you keep track of your coping skill experiments and evaluate their effectiveness.

Hopefully as a result of this process you will be able to express and cope with your emotions more effectively.

## **Coping Skill Matching Process**

Step 1. Feeling Inventory: List what you are currently feeling in the first column.

Step 2: Determine Outcome: In the second column write down what you would like to do or feel instead of what you are currently experiencing. Try to name an emotion rather than the absence of one.

Step 3. Potential tools: List all the potential coping skills that may give you the desired outcome. Activities, hobbies, people you talk to, mantras or words of reassurance you give yourself all count.

Step 4: Experiment! Try out some different coping skills and see what works.

Step 5: Evaluate: In the results column keep notes on the effectiveness of your chosen skills.

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|  | | | **Experiments** | | |
| **Current Feeling** | **Desired Outcome** | **Potential Tools** | **What I tried** | **Effectiveness** | |
|  |  |  |  | **Short Term** | **Long Term** |
| E.g. Anger | Neutral | -Running  -Taking a bath  -Knitting  -Puzzles | Running | 4/10 | 6/10 |
| E.g. Anxious | Calm | -Workout  -5-senses grounding  -Progressive Muscle Relaxation (PMR)  -Belly breathing | Belly breathing | 6/10 | 2/10 |