

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** \_\_\_\_\_

A. Coping by Thinking Strategies.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: \_\_\_\_\_

Steps:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: \_\_\_\_\_

Steps:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_