

# Coping Cards

Many people have behaviors they want to change. Some people find that it is easier to change these behaviors when they substitute new positive behaviors for their negative behaviors.

Use these cards to remind you of specific things you can do to break negative habits. Make copies of these cards and make sure you have them with you at all times.

When I'm tempted to \_\_\_\_\_ (behavior that you want to change)

I can (list three positive behaviors)

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

When I'm tempted to \_\_\_\_\_ (behavior that you want to change)

I can (list 3 positive behaviors)

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_