Coping Skills Inventory Worksheet

A coping skills is a method that you choose to use respond to emotions such as fear, stress, anger or anxiety. Some of these coping skills we inherited from our caregivers; others we developed over time as a way to protect ourselves. Some of these may not be helpful to us causing more harm.

Healthy Coping Skills

A healthy coping skill is a way of coping with life's distress that makes you feel better and doesn't harm you or others physically and emotionally. Healthy coping skills do not lead to negative consequences. These are things you should include in your daily routine. Circles the ones that you rely on when you are in distress.

Reading a book	Deep breathing	Drawing or Painting
Going for a walk or jog	Positive self-talk	Crossword puzzles
Exercise or playing a sport	Talking to a friend	Therapy
Watching a funny movie or show	Volunteering	Sharing your feelings
Spending time in nature	Listening to music	Talking to a trusted mentor
Resolving the problem	Yoga or Meditation	Taking a hot bath or shower

Toxic/Unhealthy Coping Skills

Unhealthy coping skills provide temporary relief in the moment but lead to harmful consequences later for you and others. Developing a pattern of unhealthy or toxic coping skills leads to poor relationships. These are the skills we must get rid of. Circles the ones that you rely on when you are in distress.

Name-calling or insulting	Reckless Behavior	Getting Revenge
Being violent towards others	Gambling	Passive Aggressive
Gossiping	Using Drugs or Alcohol	Destroying Property
Spreading rumors	Having sex with random partners	Pretending not to care
Blaming Others	Shutting Down	Running Away/Leaving
Hurting Yourself	Overeating	Oversleeping
Threatening Harm	Avoiding the Problem	Negative Social Media Posts