



## WORKSHEET

### Reflection exercise | Past successful coping

This assignment leads us to focus on resources and successes that we have demonstrated throughout our past. We tend to forget about our ability to cope when our stress, anxieties and fears seem so real and debilitating. However, all of us have had fears that we have overcome or that we have functioned with in spite of their presence from childhood right into adulthood. We may have feared attending kindergarten, but learned ways to cope with that fear as a child and eventually the fear was eradicated. We may have feared talking to a teenager of the opposite sex, but eventually learned to speak to them in spite of our anxiety. We may have feared going on a job interview, but we pressed forward and presented ourselves in the best manner possible. In other words, we learn to cope and to function and to overcome anxiety. We cannot allow our anxieties to cripple us or cause us to avoid circumstances. We must face our anxieties head-on. We may have coped by just “taking a deep breath” or by getting encouragement from our friends or by rehearsing what we were going to do or say so often that it became almost automatic. Whatever coping skill we used, we have been successful in the past and now we must rediscover those coping skills and apply them to the current anxieties.

#### 1. Identify three challenges, fears or anxieties that you experienced in the past.

- **Fear #1:**

- **Fear #2:**



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- **Fear #3:**

2. Identify what you did to cope with, or continue to function in spite of, the anxiety or difficulty.

- **Fear #1:**

- **Fear #2:**

- **Fear #3:**



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3. How do you know your coping mechanism identified in question 2 was successful?

- Fear #1:

- Fear #2:

- Fear #3:

4. What other coping skills have you relied on in the past that helped you overcome fears?



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**5. How can you use each of the coping skills identified in question 2 to help you with your current fears?**