



Coping Skills Plan

One function of the eating disorder is to help you manage certain thoughts and emotions. A core goal of treatment is the development of alternative, effective coping skills. These skills are meant to decrease the intensity of the thought or emotion and make it easier to make choices that align with your long-term goals.

Think about common situations that you find difficult to navigate without becoming dysregulated and/or reaching for your eating disorder behaviors. Start to develop a list of tools, techniques, and skills to utilize in different situations. It is important to use skills that are appropriate to the situation and reflect your disposition at that moment.

The aim is to practice skills when you are not emotionally upset to learn what might work in a difficult moment. The more practice you have with skill use outside of intense moments, the easier it will be to draw upon these skills in a difficult moment.

 **When experiencing low energy** (e.g., depressive symptoms, fatigue, sadness)

Skills I could try:

1.	4.
2.	5.
3.	6.

Planned practice: I will practice these three skills over the next two days:

Reflection after practicing (insert skill) _____ : I would try again Undecided Disliked

Reflection after practicing _____ : I would try again Undecided Disliked

Reflection after practicing _____ : I would try again Undecided Disliked



When experiencing high energy (e.g., agitation, restlessness, anger, mania)

Skills I could try:

1.	4.
2.	5.
3.	6.

Planned practice: I will practice these three skills over the next two days:

Reflection after practicing (insert skill) _____ : I would try again Undecided Disliked

Reflection after practicing _____ : I would try again Undecided Disliked

Reflection after practicing _____ : I would try again Undecided Disliked



When experiencing boredom

Skills I could try:

1.	4.
2.	5.
3.	6.

Planned practice: I will practice these three skills over the next two days:

Reflection after practicing (insert skill) _____ : I would try again Undecided Disliked

Reflection after practicing _____ : I would try again Undecided Disliked

Reflection after practicing _____ : I would try again Undecided Disliked



When experiencing anxiety (e.g., fear, worry, overwhelm)

Skills I could try:

1.	4.
2.	5.
3.	6.

Planned practice: I will practice these three skills over the next two days:

Reflection after practicing (insert skill) _____: I would try again Undecided Disliked

Reflection after practicing _____: I would try again Undecided Disliked

Reflection after practicing _____: I would try again Undecided Disliked



When experiencing (insert feeling here)

Skills I could try:

1.	4.
2.	5.
3.	6.

Planned practice: I will practice these three skills over the next two days:

Reflection after practicing (insert skill) _____: I would try again Undecided Disliked

Reflection after practicing _____: I would try again Undecided Disliked

Reflection after practicing _____: I would try again Undecided Disliked