

Coping Skills Log worksheet

Use this log each time you face a challenging situation or experience difficult emotions. Over time, review your logs to identify patterns in what coping skills work best for you.

Before using the coping skill			After using the coping skill	
Situation	Thoughts	Emotions	Results	Emotions (intensity 1-10)
Argument with a partner	"I'm a failure in this relationship." "I'm going to end up alone."	Shame (9) Sadness (6)	Mood improved some. Realized I don't have to believe every thought	Shame (5) Sadness (4)