

Therapist Name:

Coping With Stress Worksheet

Client Name:

Today's Date:

Identifying situations that cause you stress can help you create a plan to cope with stress. It's important to know the best way you can alleviate this stress, if possible. In this worksheet, list out situations that cause you stress, the level of control you have in this given situation, what you do now to cope, and a more adaptive approach you can practice in this situation. In addition, rate how stressful this situation is for you before coping, and after you practice your new adaptive coping.

Situation I feel stress in:	
How Stressful is This Situation?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <i>1 - Little Stress</i> <i>Extreme Stress - 10</i>
What can you realistically control in this situation?	
What aspects are out of your control in this situation?	
Current Coping Mechanism:	
Adaptive Coping Mechanism: What can you do in this situation to decrease or remove stress?	
How Stressful is This Situation after using your new coping mechanism?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <i>1 - Little Stress</i> <i>Extreme Stress - 10</i>

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