

## Coping with problems

### Problems:

Write down a list of any problems that you are having.

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What is causing these problems?

How are your problems making you feel?

### Coping strategies:

Coping strategies are not solutions to the problem, but are ways of managing the problem. Write down things that you do to help you cope with your problems.

Write down how effective you find each coping strategy – the positives and negatives.

Write down some new coping strategies that you could try.