

Explore Coping Modes

Once the therapist has helped the client become familiar with their coping modes, use the below worksheet to capture when they happen, what emotional needs underlie them, and the early warning signs that hint at their onset.

Coping Modes								
Description of the coping mode								
Describe the situations in which it occurs								
Why do you think you have this coping mode?								
What survival benefit does it offer?								
What NEED does it answer?								
What actions/behavior/ thinking takes place in this mode?								
Are there any early warning signs?								
What happens when I apply this coping mode?								