

Module 1: Pain, Suffering & Control

My Coping Strategies

Please list a few of the ways you have been coping with your difficult thoughts and feelings:	Does this strategy work in the short term? Do you feel better?	Does this strategy work in the long term? Do the difficult thoughts and feelings show up again?	Does this strategy have any negative consequences or cause any problems of its own? Does it help you live a better life?

If any of these coping skills are working for you and aren't causing their own problems, keep using them! If any of them are not working or are creating other problems for you, this toolkit will offer you some alternative skills to try.