

Date:

## STRESS TO STRENGTH: COPING SKILLS INVENTORY UPDATE

My main ways to cope with stress:

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Of these, what are positive, or active coping? (*Healthy coping, or active ways you face stress*)

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What are your most common passive coping tools? (*Ways that soothe you but avoid the problem*)

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What works well in terms of how you are currently coping with stress and problems?

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With your passive coping choices, what is not working? (*e.g., comfort eating causing weight gain, or binge-watching instead of working or cleaning the house*):

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What would you like to be different about how you cope with stress? (*Insights/ideas to take your coping to a new level*):

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