**Effective Coping Exercise**

**Directions:**

1. List both effective (healthy AND helpful) and problematic (unhealthy OR unhelpful) coping skills.

|  |  |
| --- | --- |
| **Effective Coping Skills** | **Problematic Coping Skills** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |