## **Coping Cards**

**Instructions.** Identify common situations that precede behaviors that are off your plan (High Risk Situations). Include any relevant information including internal experiences. Review and revise these cards, use them as cues, until they become your dominant responses.

Situation: A cashier is rude	Situation:
Coping Skills  Think:  His behavior isn't my problem. I am not getting paid to be his teacher. Do I really not have other needs I'd rather give my time and energy to?  Do:  1) Take 3 slow cleansing breaths 2) Complete my transaction without blowing up. 3) Pat myself on the back	Coping Skills  Think:  Do: 1) 2) 3)
Situation:	Situation:
Coping Skills Think:	Coping Skills Think:
Do: 1) 2) 3)	Do: 1) 2) 3)
Situation:	Situation:
Coping Skills Think:	Coping Skills Think:
Do: 1)	Do: 1) 2)

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