

MY COPING SKILLS PLANNER

WHAT ARE MY TRIGGERS?

WHAT CAN I DO TO SUPPORT MYSELF?

1. _____

2. _____

3. _____

NOTES:

WHAT SHOULD I AVOID DOING TO SUPPORT MYSELF?

1. _____

2. _____

3. _____

NOTES:

WHAT CHANGES DO I NOTICE IN MY BODY WHEN I BEGIN FEELING ANXIOUS?

WHAT THOUGHTS DO I HAVE WHEN IM FEELING ANXIOUS?
