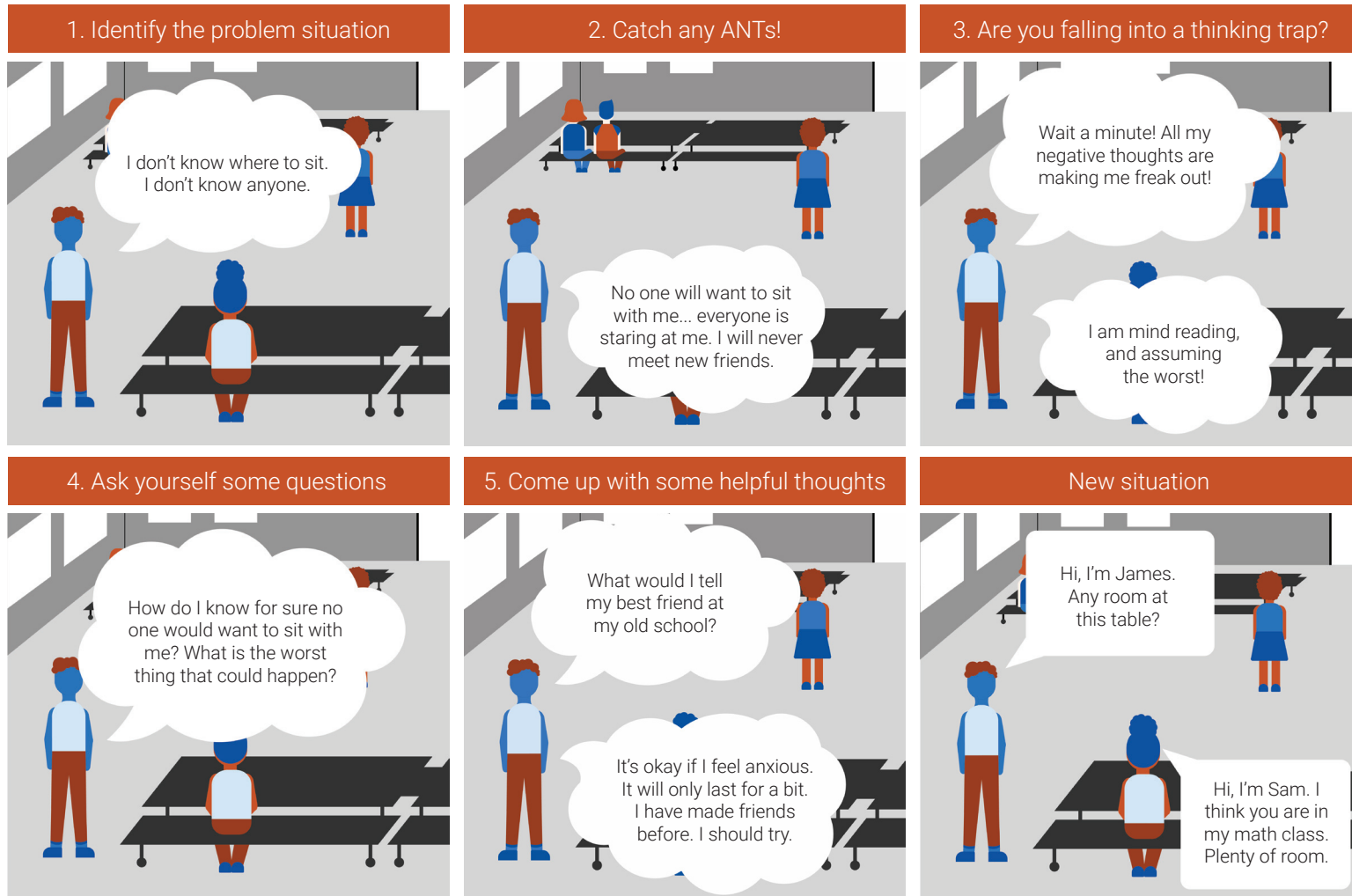


Cognitive Coping Comic Strip

Check out the story below to see how we can use cognitive coping skills in every day life! Then, practice creating your own story using cognitive coping skills.



1. Identify the problem situation

I don't know where to sit.
I don't know anyone.

2. Catch any ANTs!

No one will want to sit with me... everyone is staring at me. I will never meet new friends.

3. Are you falling into a thinking trap?

Wait a minute! All my negative thoughts are making me freak out!

I am mind reading, and assuming the worst!

4. Ask yourself some questions

How do I know for sure no one would want to sit with me? What is the worst thing that could happen?

5. Come up with some helpful thoughts

What would I tell my best friend at my old school?

It's okay if I feel anxious. It will only last for a bit. I have made friends before. I should try.

New situation

Hi, I'm James. Any room at this table?

Hi, I'm Sam. I think you are in my math class. Plenty of room.

1. Identify the problem situation	2. Catch any ANTs!	3. Are you falling into a thinking trap?
4. Ask yourself some questions	5. Come up with some helpful thoughts	New situation