

Coping Thought Practice

<p>Situation</p> <p>Describe a difficult situation that came up for you this week.</p>	<p>Thoughts</p> <p>Name 2-3 automatic thoughts that you had in this situation.</p>	<p>Evidence</p> <p>Ask: Am I falling into a thinking trap? Do I have proof my thought is true? Does anything suggest it might not be true?</p>	<p>Coping Thoughts</p> <p>List 5 coping thoughts that helped you feel better or could help in the future.</p>