COGNITIVE COPING

Triggering Situation

___________________________________

Initial thought:

___________________________________

Behavior associated with thought

___________________________________

Emotion associated with thought

Feeling word: ____________
Sensations in my body:

___________________________________

___________________________________

Rate: 1—2—3—4—5—6—7—8—9—10

Behavior associated with thought

___________________________________

New thought:

___________________________________

Any change in the intensity of the old emotion?

Rate: 1—2—3—4—5—6—7—8—9—10

Is there a new emotion associated with new thought?

Feeling word: ____________
Sensations in my body:

___________________________________

___________________________________

Rate: 1—2—3—4—5—6—7—8—9—10

Behavior associated with new thought

___________________________________

___________________________________