

COGNITIVE COPING

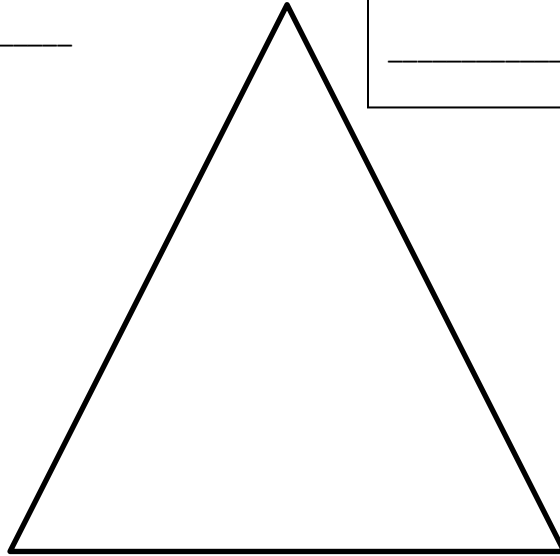
Triggering Situation

Initial **thought**:

Emotion associated with
thought

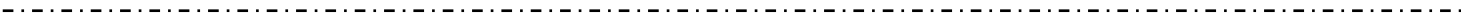
Feeling word: _____

Sensations in my body:



Behavior associated with
thought

Rate: 1-2-3-4-5-6-7-8-9-10



Any change in the intensity of
the old **emotion**?

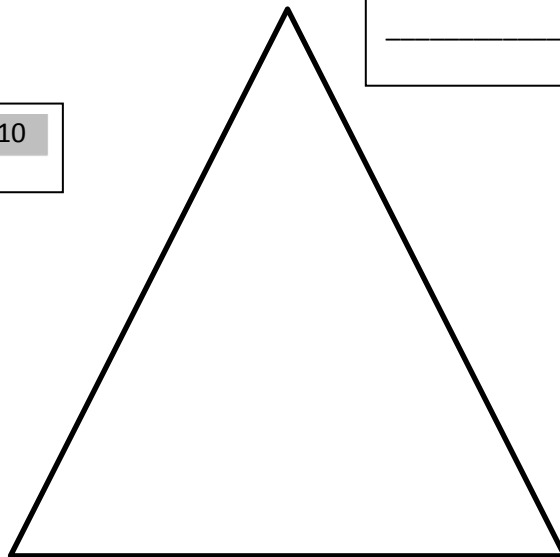
Rate: 1-2-3-4-5-6-7-8-9-10

New **thought**:

Is there a new **emotion**
associated with new thought?

Feeling word: _____

Sensations in my body:



Behavior associated with new
thought

Rate: 1-2-3-4-5-6-7-8-9-10