

**COGNITIVE COPING - EXAMPLE**

Triggering Situation

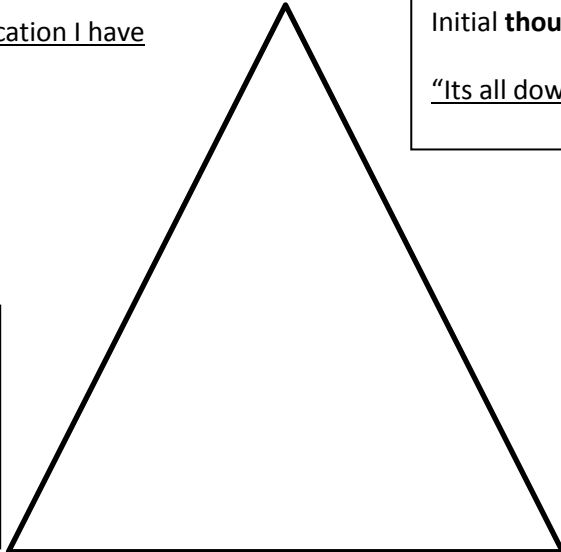
Seeing all the pill bottles of medication I have to take daily

Initial Perception: I will never get well, only worse

Initial **thought**:

"Its all down hill from here"

**Behavior** associated with this thinking  
Mope, go back to bed



**Emotion** associated with this thinking

Feeling word: Depressed, discouraged

Sensations in my body:  
Heavy

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

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New Perception: Just because I need all of these medications now, doesn't mean I will need them all forever

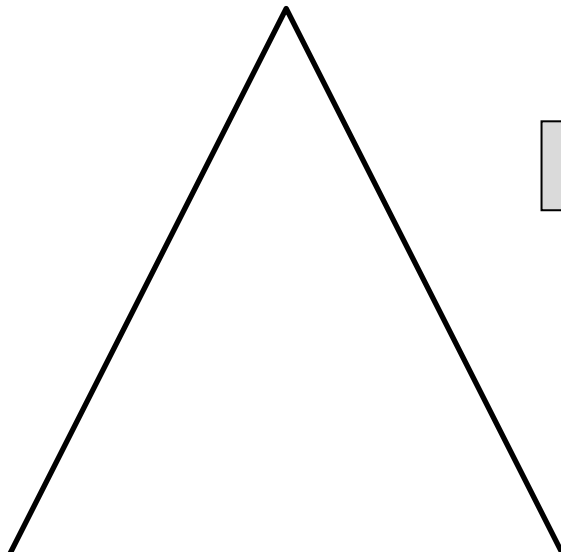
New **thought**:

"This is just for now, I won't have to take these all forever"

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

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

**Behavior** associated with new thinking  
Go in the kitchen and make breakfast



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

Feeling word:  
None

Sensations in my body:  
N/A

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