

## *Positive Coping Skills*

<i>Ask for help</i>	<i>Reach out to someone else.</i>
<i>Inspire yourself</i>	<i>Carry something positive (e.g., a poem)</i>
<i>Persist</i>	<i>Never, never, never, never, never, never give up</i>
<i>Honesty</i>	<i>Secrets hurt; honesty heals</i>
<i>Cry</i>	<i>Let yourself cry; it won't last forever</i>
<i>Take good care of your body</i>	<i>Healthy eating, exercise, safe sex</i>
<i>List your options</i>	<i>In any situation, you have choices</i>
<i>Create meaning</i>	<i>Find out, or remind yourself, what you live for</i>
<i>Do the best you can w/ what you have</i>	<i>Make the most of available opportunities</i>
<i>Set boundaries</i>	<i>It's okay to say no</i>
<i>Compassion</i>	<i>Listen to yourself respectfully and carefully</i>
<i>When in doubt, do what's hardest</i>	<i>The most difficult path is often the right one</i>
<i>Talk yourself through it</i>	<i>Positive self-talk helps when times are hard</i>
<i>Imagine</i>	<i>Create a mental picture (e.g., a safe place)</i>
<i>Pace yourself</i>	<i>If overwhelmed, go slower; if stagnant, go faster</i>
<i>Stay safe</i>	<i>Do whatever you need to put your safety first</i>
<i>Seek understanding, not blame</i>	<i>Listen to your behavior; blame prevents growth</i>
<i>If one way doesn't work, try another</i>	<i>As in a maze, turn a corner and try a new path</i>
<i>Create a new story</i>	<i>You are the author of your life</i>
<i>Avoid avoidable suffering</i>	<i>Anticipate and prevent painful situations</i>
<i>Ask others</i>	<i>Check your self-beliefs with others for accuracy</i>
<i>Get organized</i>	<i>A to-do list and clean space give you control</i>
<i>Healing above all</i>	<i>Focus on what matters</i>
<i>Try something, anything</i>	<i>A good plan today is better than a perfect plan tomorrow</i>
<i>Discovery</i>	<i>Find out whether your assumption is true, rather than staying "in your head"</i>
<i>Attend treatment</i>	<i>Counseling, groups, self-help –what works for you</i>
<i>Create a buffer</i>	<i>Put a boundary between yourself and the painful situation/memory</i>
<i>Say what you really think</i>	<i>You'll feel closer to others (but only safe others)</i>
<i>Listen to your needs</i>	<i>Do not neglect yourself; hear what you need</i>
<i>Move toward your opposite</i>	<i>For example, if you've realized you're too dependent, move toward independence</i>
<i>Replay the scene</i>	<i>Review a negative event without blame; simply ask, what can you do differently next time?</i>
<i>Structure your day</i>	<i>A productive schedule keeps you connected and on track</i>
<i>Set an action plan</i>	<i>Be specific about your change, consider setting a deadline, and let others know about it</i>
<i>Protect yourself</i>	<i>Put up a shield against destructive people, environments, things</i>

<i>Soothing talk</i>	<i>Talk to yourself very gently (as you would a friend or a small child)</i>
<i>Trust the process</i>	<i>Just keep moving forward; the only way on is through</i>
<i>Work the material</i>	<i>The more you practice and participate in treatment, the quicker the healing</i>
<i>Integrate the split self</i>	<i>Accept all side of yourself; they are there for a reason</i>
<i>Expect growth to feel uncomfortable</i>	<i>If it feels awkward or difficult, you're doing it right</i>
<i>Pretend you like yourself even when you don't</i>	<i>See how different the day feels</i>
<i>Focus on now</i>	<i>Do what you can to make today better; don't get overwhelmed by past or future</i>
<i>Praise yourself</i>	<i>Notice what you did right; this is the most powerful method of growth</i>
<i>Observe repeating patterns</i>	<i>Try to notice and observe things you do over and over again</i>
<i>Self-nurture</i>	<i>Do something you enjoy</i>
<i>Let go of destructive relationships</i>	<i>If it can't be fixed, detach</i>
<i>Take responsibility</i>	<i>Take an active, not passive approach</i>
<i>Make a commitment</i>	<i>Promise yourself to do what's right to help yourself</i>
<i>Rethink</i>	<i>Think in a way that helps you to feel better</i>
<i>Detach from emotional pain (grounding)</i>	<i>Distract, walk away, change the channel</i>
<i>Learn from experience</i>	<i>Seek wisdom that can help you next time</i>
<i>Solve the problem</i>	<i>When things go wrong, seek a solution</i>
<i>Use kinder language</i>	<i>Make your language to yourself and others less harsh</i>
<i>Examine the evidence</i>	<i>Evaluate both sides of the picture</i>
<i>Plan it out</i>	<i>Take the time to think ahead</i>
<i>Identify negative beliefs</i>	<i>E.g., "shoulds", need to deprive yourself</i>
<i>Reward yourself</i>	<i>Find a healthy way to celebrate what you do well</i>
<i>Create new tapes</i>	<i>Literally! Record yourself describing a new way of thinking and play it back whenever you need to</i>
<i>Find rules to live by</i>	<i>Remember a phrase that works for you</i>
<i>Setbacks are not failures</i>	<i>They are setbacks; nothing more</i>
<i>Tolerate the feeling</i>	<i>"No feeling is final"</i>
<i>Actions first, feelings follow</i>	<i>Don't wait for motivation; start now</i>
<i>Fight the trigger</i>	<i>Take an active approach to protect yourself</i>
<i>Notice the source</i>	<i>Before you accept criticism or advice, notice who is providing it</i>
<i>Make a decision</i>	<i>If you're stuck, try choosing the best solution you can now – don't wait</i>
<i>Prioritize healing</i>	<i>Make healing your most urgent goal above all</i>
<i>Get others to support you</i>	<i>Tell people what you need</i>
<i>Notice what you can control</i>	<i>List the aspects of your life you do have a say in</i>