

## Safe Coping Sheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

*You can learn to cope safely, no matter what happens in your life.*

	<b>Old Way</b>	<b>New Way</b>
<b>Situation</b>		
<b>★ <u>Your Coping</u> ★</b>		
<b>Consequence</b>		

***How safe is your old way of coping? \_\_\_\_      How safe is your new way of coping? \_\_\_\_***

*Rate from 0 (not at all safe) to 10 (totally safe)*

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