Coping Skills Log

Coping skill to practice (e.g., thought defusion technique):

Before using the coping skill			After using the coping skill	
Situation	**Thoughts**	**Emotions (intensity 1-10)**	**Results**	**Emotions (intensity 1-10)**
Argument with a partner	"I'm a failure in this relationship." "I'm going to end up alone."	Shame (9) Sadness (6)	Mood improved some. Realized I don't have to believe every thought.	Shame (5) Sadness (4)

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