

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)