

Coping strategies/ rules for living

We learn ways of coping throughout our lives. At the time they started they are useful but might become less so over time. It can be helpful to consider and challenge these.



My coping strategy/ rule for living

Where did I learn this strategy or rule, when was it useful?

Real world benefits of this strategy/rule

Real world costs of this strategy/rule

What is a useful alternative strategy/rule? Or is it useless?