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### Coping Skills Log

Coping Skills to Practice: \_\_\_\_\_

Before Using the Coping Skill			After Using the Coping Skill	
Situation	Thoughts	Emotions (Intensity 1-10)	Results	Emotions (Intensity 1-10)
Fight with partner	This is all my fault I should have tried harder	Worried (8) Worthless (9)	I feel calmer. I remembered that I didn't have to believe every thought.	Worried (4) Worthless (5)