

COPING
SKILLS
JOURNAL
FOR TEENS



101 FUN COPING SKILLS

1. TAKE DEEP BREATHS
2. DO A POSITIVE ACTIVITY
3. PLAY SPORTS
4. THINK OF SOMETHING FUNNY
5. TAKE A QUICK WALK
6. PRACTICE YOGA
7. STAND UP AND STRETCH
8. LISTEN TO MUSIC
9. TAKE A TIME OUT
10. SLOWLY COUNT TO TEN

31. CLEAN SOMETHING
32. MEDITATE
33. USE A STRESS BALL
34. DANCE
35. WRITE A LETTER
36. LOOK AT PICTURES YOU'VE TAKEN
37. MAKE A GRATITUDE LIST
38. LIST YOUR POSITIVE QUALITIES
39. PLAN YOUR DREAM ROOM HOUSE
40. GIVE SOMEONE A HUG

61. WALK YOUR DOG
62. DRINK COLD WATER
63. DRAW CARTOONS
64. READ A MAGAZINE
65. WRITE A THANK YOU NOTE
66. COUNT TO 100
67. MAKE A LIST FOR THE FUTURE
68. READ INSPIRATIONAL QUOTES
69. CREATE A BLOG OR WRITE A STORY
70. PAINT YOUR EMOTIONS

91. ASK FOR A BREAK
92. LISTEN TO NATURE SOUNDS
93. DO YOUR HOMEWORK
94. MAKE A LIST OF CHOICES
95. ASK AN ADULT FOR HELP
96. ORGANIZE SOMETHING
97. PLAY A CARD GAME

11. USE POSITIVE SELF-TALK
12. SAY SOMETHING KIND TO YOURSELF
13. TALK TO A FRIEND
14. TALK TO AN ADULT
15. CLOSE YOUR EYES AND RELAX
16. SAY, "I CAN DO THIS"
17. VISUALIZE YOUR FAVORITE PLACE
18. THINK OF SOMETHING HAPPY
19. THINK OF A PET YOU LOVE
20. THINK ABOUT SOMEONE YOU LOVE

41. PUT A PUZZLE TOGETHER
42. DO SOMETHING YOU LOVE
43. BUILD SOMETHING
44. PLAY WITH CLAY
45. HUG A STUFFED ANIMAL
46. LISTEN TO GREAT MUSIC
47. PLAY AN INSTRUMENT
48. CRY IT OUT
49. TAKE PICTURES
50. GARDEN

71. LAUGH
72. PUNCH A PILLOW
73. BOUNCE BALL 100 TIMES
74. ORGANIZE YOUR CLOSET
75. CALL AN OLD FRIEND
76. FOCUS ON AN OBJECT
77. NOTICE 5 THINGS YOU CAN SEE
78. LAY IN THE GRASS AND LOOK UP AT THE SKY
79. USE A RELAXATION APP
80. PAINT YOUR NAILS OR DO A MAKEUP TUTORIAL ON YOUTUBE

21. GET ENOUGH SLEEP
22. EAT A HEALTHY SNACK
23. TRY SOME AROMATHERAPY
24. SET A GOAL
25. JOG IN PLACE
26. WRITE IN A JOURNAL
27. HUM YOUR FAVORITE SONG
28. DOODLE ON PAPER
29. HUG A PILLOW OR STUFFED ANIMAL
30. COLOR A COLORING PAGE

51. WRITE A LIST
52. EXERCISE (RUNNING, WALKING, ETC.)
53. LISTEN TO RELAXING MUSIC
54. SIT OUTSIDE
55. WRITE A POSITIVE NOTE TO YOURSELF
56. SEEK OUT THE COMPANY OF OTHERS
57. PAINT YOUR NAILS
58. DO A CRAFT
59. BAKE SOMETHING YUMMY
60. TAKE A HOT SHOWER

81. DRINK SOME TEA
82. MAKE A MUSIC PLAYLIST
83. PLAN A FUN TRIP
84. SING AND DANCE AROUND YOUR ROOM
85. IDENTIFY YOUR EMOTIONS
86. EXPRESS YOUR FEELINGS TO SOMEONE
87. WRITE DOWN YOUR THOUGHTS
88. PLAY AN INSTRUMENT
89. MAKE YOUR DAY'S SCHEDULE
90. LIST 10 POSITIVES ABOUT YOU

98. TELL SOMEONE YOU ARE THANKFUL FOR THEM
99. SIT AND RELAX ALL YOUR MUSCLES
100. ASK YOURSELF, "WHAT DO I NEED RIGHT NOW?"
101. MAKE A LIST OF YOUR FAVORITE COPING SKILLS!

CHALLENGE YOUR ANXIOUS THOUGHTS

Anxious feelings can come from a misinterpreted threat of danger along with thoughts that you might not be able to control the situation

PERCEIVED THREAT

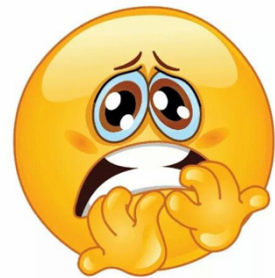
Assuming something or someone is going to hurt you



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HELPLESSNESS THOUGHTS

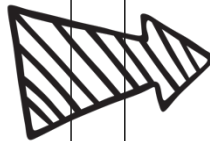
Assuming you will have no way to help or protect yourself

FEELINGS OF ANXIETY

Believing that you will be hurt by someone or something

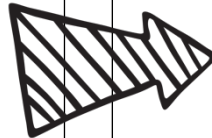
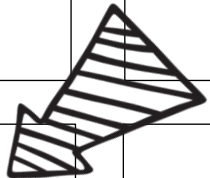
1) What am I afraid might happen?

2) Why I think I can't handle it?



3) Why I am not in real danger?

4) What I can do to protect myself?



5) What is a more helpful thought now?

Even though 1) _____ and 2) _____

The truth is 3) _____ and 4) _____

CHALLENGING UNHELPFUL THOUGHTS

1. What thought have I strongly and persistently held that I now realize to be the cause of many problems – emotional or otherwise – in my life?
2. What's wrong with this thought? What makes it unrealistic, extreme, illogical and/or unreasonable?
3. How does this thought push me and others around? What are the consequences of doggedly holding on to this thought?
4. Is it helping me get what I want or hurting me?
5. Is there any proof to support this irrational and/or unhelpful idea?
6. Imagine that I'm trying to convince another person why it doesn't make sense to think that way; what persuasive counterarguments would convince him or her?
 - Note to myself: I will try to notice when this old unhelpful thought seems to be at the root of some new distress. I will regularly read what I've written on this sheet to help myself think more clearly, feel better, and act more wisely.

Questions to ask yourself to help challenge your negative thoughts or self-talk:

1. Am I falling into a thinking trap (e.g., catastrophizing or overestimating danger)?
2. What is the evidence that this thought is true? What is the evidence that this thought is not true?
3. Have I confused a thought with a fact?
4. What would I tell a friend if he/she had the same thought? What would a friend say about my thought?
5. Am I 100% sure that _____ will happen?
6. How many times has _____ happened before?
7. Is _____ so important that my future depends on it? What is the worst that could happen?
8. If it did happen, what could I do to cope with or handle it?
9. Is my judgment based on the way I feel instead of facts?
10. Am I confusing "possibility" with "certainty"? It may be possible, but is it likely?
11. Is this a hassle or a horror?

IT
ALWAYS
SEEMS
IMPOSSIBLE
UNTIL IT'S
DONE

aim
higher
dream
Bigger

CHALLENGE YOUR WORRIED THOUGHTS

Our brains are hardwired to worry especially when it comes to dealing with uncertainty in life. Uncertainty is what fuels the fire of worry. As uncertainty grows, we feel the need to have total control over everything in their lives. Learning to let go of the “what ifs” of the past and future, help us to override thoughts of worry and shift their mind in a more rational direction.

UNCERTAINTY

A state of doubt about the future, making mistakes, or what is the right thing to do.



THOUGHTS OF “WHAT IF”

Irrational fears of something catastrophic happening in the future or anxieties that we did something wrong in the past.



Answer the “WHAT IF” questions with an alternative action plan



1. What if no one talks to me? Then I will initiate conversation
2. What if they don't call me back? _____
3. What if I make a mistake? _____
4. What if they get mad at me? _____
5. What if I am left out? _____
6. What if I get angry? _____
7. What if I need help? _____
8. What if I fail? _____
9. What if they don't like me? _____
10. What if I get my heart broken? _____
11. What if they laugh at me? _____
12. What if I have a panic attack? _____
13. What if I get lost? _____
14. What if I do something wrong? _____



CHANGE YOUR MINDSET

Some words we use can distort from the truth or facts of a situation; but when we examine the evidence, then the true meaning can reframe our mindset..

WHAT IF - What is a thought you have that includes, "what if?"

1. What is the evidence this will happen?

2. What is the worst-case scenario?

3. How would you cope if it happens?

4. Reframe the thought from a place of "I've got this..."

FAILED - What is a thought you have that includes, "failed."

1. What is the evidence this is not true?

2. What have I learned from this experience?

3. How am I a better person now?

4. Reframe the thought from a place of "I'm learning to..."

CAN'T - What is a thought you have that includes the word, "can't."

1. What is the evidence you can do it?

2. What steps can you take to help yourself?

3. Why will it help you to try this?

4. Reframe the thought from a place of "I will try to..."





ALWAYS - What is a thought you have that includes, "always."

1. What is the evidence this is not true?

2. What good experiences am I leaving out?

3. What would my best friend say?

4. Reframe the thought from a place of "Sometimes I..."

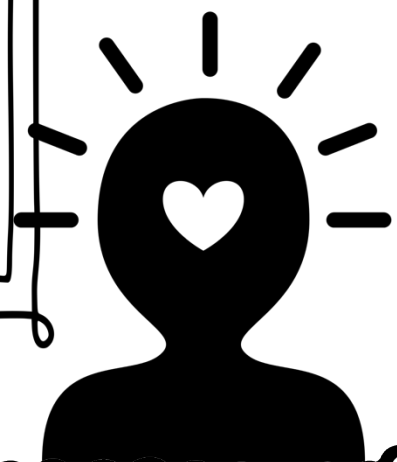
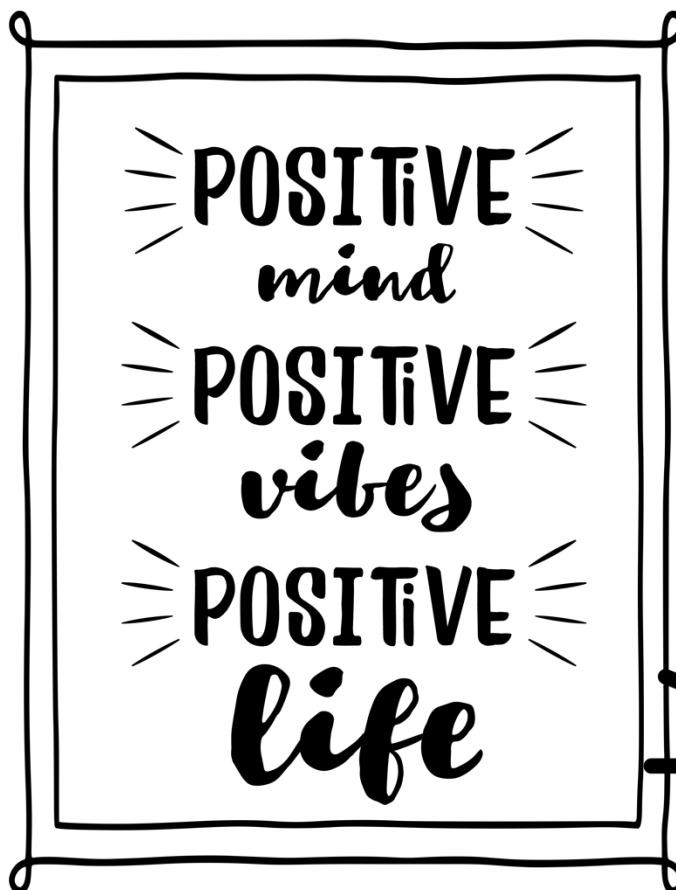
NEVER - What is a thought you have that includes, "never."

1. What is the evidence this is not true?

2. What good experiences am I leaving out?

3. What would my best friend say?

4. Reframe the thought from a place of "I haven't yet..."



GROUND YOURSELF

Use this exercise to quickly ground yourself in the present when you only have a moment. The goal is to notice something that you are currently experiencing through each of your senses.

- What are 5 things you can see? Look around you and notice 5 things you hadn't noticed before. Maybe a pattern on a wall, light reflecting from a surface, or a knick-knack in the corner of a room.



- What are 4 things you can feel? Maybe you can feel the pressure of your feet on the floor, your shirt resting on your shoulders, or the temperature on your skin. Pick up an object and notice its texture.



- What are 3 things you can hear? Notice all the background sounds you had been filtering out, such as an air-conditioning, birds chirping, or cars on a distant street.



- What are 2 things you can smell? Maybe you can smell flowers, coffee, or freshly cut grass. It doesn't have to be a nice smell either: maybe there's an overflowing trash can or sewer.



- What is 1 thing you can taste? Pop a piece of gum in your mouth, sip a drink, eat a snack if you have one, or simply notice how your mouth tastes. "Taste" the air to see how it feels on your tongue.



Mind Traps


NEGATIVE THOUGHT	MIND TRAP	POSITIVE THOUGHT
I got into trouble at school today. I just know they're going to kick me out tomorrow.	Jumping to Conclusions (Fortune-Telling) (also a bit of Catastrophizing)	I did something at school today that I'm not proud of, but everyone makes mistakes and it's not the end of the world! I'll try harder not to make the same mistake again.
My friend looked at his watch when I was talking today. He must think I'm boring.	Personification	I can't know for certain why my friend looked at his watch when I was talking. If he thought I was boring, he probably wouldn't come over to talk to me everyday!
I got an award at the assembly yesterday, but that's no big deal. I'm not really that good of a student.	Minimizing Positives	I worked really hard to get that award! My hard work definitely paid off!
If I don't get a date to the homecoming dance, there's no way I could ever go back to school and face my friends!	Catastrophizing	It would be really difficult not to get a date to the dance, but I could still go with my friends and have a good time. Maybe there'll be other people there without dates too!
There's no way I could ever be as talented as the star quarterback on the football team. I shouldn't even try.	Comparison	Our star quarterback is really talented! Even if I'm never quite as good as he is, it doesn't mean I shouldn't play. There are lots of other things I'm good at!
I only got a B on my reading test. I always fail. I shouldn't have even tried.	All-Or-Nothing	Even though a B isn't what I was hoping for on that test, it's still pretty good! Next time I could study even more and see if can do even better!

More Mind Traps

NEGATIVE THOUGHT	MIND TRAP	POSITIVE THOUGHT
I can't believe I gained 3 pounds. I'm so ugly.	Maximizing Negatives	Wow. I didn't realize I've gained 3 pounds, but that doesn't define all of who I am. I'll just make sure to get my exercise in 3 times this week and stop having soda with every meal.
My teacher didn't answer me when I said hello to her this morning. She's probably mad at me for something.	Jumping to Conclusions (Mind Reading)	My teacher didn't answer me when I said hello to her this morning. She might be upset with me, but I can't know that for sure unless she tells me so or I ask? Maybe she didn't hear me?
Another student called me a name once today. People are always making fun of me.	Overgeneralization	A student teased me today, but that's his problem! Lots of other people are friends with me. I don't need to dwell on one negative experience.
I must get all A+'s to be a good student.	Shoulds/Musts	I'm a good student as long as I do the best that I can and work hard each day. I don't have to be perfect.
I hate how I look, so I must look bad to everyone else too.	Emotional Reasoning	Just because there are some things, I don't like about my appearance doesn't mean everyone feels that way! No one is perfect!

Mind Trap Examples

<p>I got into trouble at school today. I just know they're going to kick me out tomorrow.</p>	<p>Jumping to Conclusions (Fortune-Telling)</p> <p>(also a bit of Catastrophizing)</p>	<p>I did something at school today that I'm not proud of, but everyone makes mistakes and it's not the end of the world! I'll try harder not to make the same mistake again.</p>
<p>My friend looked at his watch when I was talking today. He must think I'm boring.</p>	<p>Personification</p>	<p>I can't know for certain why my friend looked at his watch when I was talking. If he thought I was boring, he probably wouldn't come over to talk to me everyday!</p>
<p>I got an award at the assembly yesterday, but that's no big deal. I'm not really that good of a student.</p>	<p>Minimizing Positives</p>	<p>I worked really hard to get that award! My hard work definitely paid off!</p>
<p>If I don't get a date to the homecoming dance, there's no way I could ever go back to school and face my friends!</p>	<p>Catastrophizing</p>	<p>It would be really difficult not to get a date to the dance, but I could still go with my friends and have a good time. Maybe there'll be other people there without dates too!</p>
<p>There's no way I could ever be as talented as the star quarterback on the football team. I shouldn't even try.</p>	<p>Comparison</p>	<p>Our star quarterback is really talented! Even if I'm never quite as good as he is, it doesn't mean I shouldn't play. There are lots of other things I'm good at!</p>
<p>I only got a B on my reading test. I always fail. I shouldn't have even tried.</p>	<p>All-Or-Nothing</p>	<p>Even though a B isn't what I was hoping for on that test, it's still pretty good! Next time I could study even more and see if can do even better!</p>



POSITIVE SELF-TALK TRICKS

The purpose of these statements is to remind yourself of the good qualities you possess in order to give you strength and resilience when confronted with distressing situations. This type of statement will remind you that hidden underneath your sometimes overwhelming emotions is a caring, loving person who is capable of handling a distressing situation in a healthier way. Here are some examples of self-affirming statements:

PREPERATION FOR STRESS

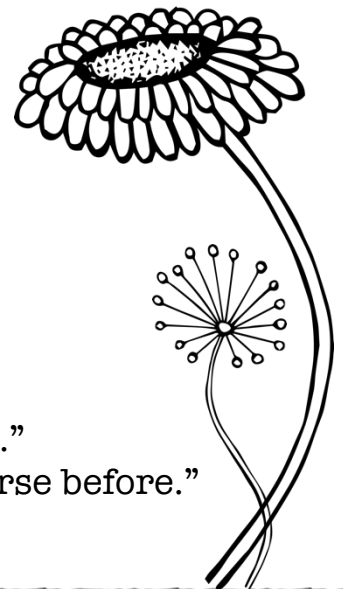
- "I've succeeded with this before."
- "What exactly do I have to do?"
- "It's easier once I get started."
- "I'll jump in and be all right."
- "Tomorrow I'll be through it."
- "I won't let negative thoughts creep in."

FACING A CHALLENGE

- "I will take it step-by-step, I won't rush."
- "I can do this."
- "I can only do my best and that's enough."
- "Any tension I feel is a signal to take deep breaths."
- "I can get help if I need it."
- "It's OK to make mistakes."

COPING WITH FEAR

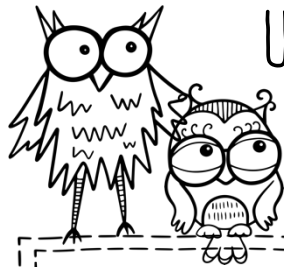
- "Relax now."
- "Just breathe deeply."
- "There's an end to it."
- "I can keep my mind on the task at hand."
- "I can keep my fears within limits I can handle."
- "I will survive this because I have survived worse before."



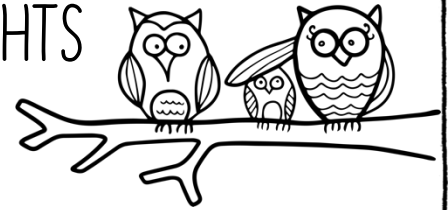
SELF AFFIRMATIONS


- "I might have some faults, but I'm still a good person."
- "I care about myself and other people."
- "I accept who I am."
- "I love myself."
- "I'm a good person, not a mistake."
- "I'm good and nobody's perfect."
- "I embrace both my good and bad qualities."
- "Today I take responsibility for everything I do and say."
- "I'm becoming a better person every day."
- "I'm a sensitive person who experiences the world differently."
- "I'm a sensitive person with rich emotional experiences."
- "Each day I do the best I can."
- "Even though I forget sometimes, I'm still a good person."
- "Even though bad things happened to me in the past, I'm still a good person."
- "Even though I've made mistakes in the past, I'm still a good person."
- "I'm here for a reason."
- "There's a purpose to my life, even though I might not always see it."
- "I radically accept myself."





UNHELPFUL TO HELPFUL THOUGHTS




WHAT IF

 I'VE GOT THIS


EVERYONE

 SOME PEOPLE

UNFAIR

 UNFORTUNATE

SHOULD NOT

 I WOULD LIKE IT IF


FAILED

 LEARNING


ALWAYS


 SOMETIMES


HAVE TO


 GET IT


DUMB

 INEXPERIENCED


HATE

 PERFER


WEIRD

 DIFFIRENT

NEVER

 YET

DESTROYED

 SET BACK

MUST

 TRY

CAN'T

 WILL TRY

SHOULD

 IT WOULD BE NICE

WORKING THROUGH OVERTHINKING

1) What are you
OVERTHINKING about?

2) Identify the
THINKING TRAP

- All-or-Nothing Thinking
- Overgeneralizing
- Discounting the Positive
- Jumping to Conclusions
- Mind Reading
- Fortune Telling
- Catastrophizing
- Emotional Reasoning
- Should Statements
- Labeling and Mislabeled
- Personalization

3) Walk it through
THINKING TRAP: -

If the thought
is true, why is
it so bad?

Then what
will happen?

Then what
will happen?

4) Examine
all the
FACTS...what
is the
EVIDENCE

Why is the negative thought **TRUE**?

Why is the negative thought **NOT TRUE**?

COPING SKILLS JOURNAL FOR TEENS

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<https://www.copingkillsforteens.com>

If you have any questions or comments, please contact me at alisonkellylpc@gmail.com THANKS AGAIN 😊

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