

COPING SKILLS TRACKER

Date	Coping Skill Practiced	Reward	How did you feel after?
			☐ More Relaxed ☐ The same ☐ Less Relaxed
			
			☐ More Relaxed ☐ The same ☐ Less Relaxed
			☐ More Relaxed ☐ The same ☐ Less Relaxed
			☐ More Relaxed ☐ The same ☐ Less Relaxed
			☐ More Relaxed ☐ The same ☐ Less Relaxed