



COPING SKILLS TRACKER

Identify some coping skills to try out this week. Make a list of the skills you tried and how you felt afterward.

Date	How did you feel before?	Rate the emotion 0-10 (0 is least intense, 10 is most)	Coping Skill Practiced	How did you feel after?	Rate the emotion 0-10 (0 is least intense, 10 is most)