Coping Questions to Ask:

1. Do I know for sure that it will happen?
2. What else could happen?
3. What is evidence this thought is true? Not true?
4. What is the worst case/best case/most likely outcome?
5. What would I tell a friend?
6. Is there another way to look at this?

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| **Situation** | **Automatic Thought** | **Coping Question/Response** | **Alternative Thought** |
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