

# ACTIVE COPING



## 1. Identify and Define Problem Area/Issue

- ✍ Try to state the problem as clearly as possible. Be objective and specific about the behaviour, situation, timing, and circumstances that make it a problem (eg, I need to pay the phone and gas bills, and I don't have enough money to cover both this month). Describe the problem in terms of what you can observe rather than subjective feelings
- ✍ Set realistic and achievable goals for resolving the problem.

<b>What is the problem I want to solve?</b>	
<b>What is my Goal? i.e. What is the outcome I am hoping to attain? Is it realistic?</b>	

## 2. Generate Possible Solutions/Plans

- ✍ List all the possible solutions. Be creative and forget about the quality of the plan. If you allow yourself to be creative you may come up with some options that you would not otherwise have thought about
- ✍ Eliminate less desirable or unreasonable plans only after as many possible plans have been listed.
- ✍ Bearing in mind your goals for problem resolution, list the remaining options in order of preference

### List All Possible Solutions

### Preferred Solutions/Plans

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_

### 3. Evaluate alternatives

- ✍ Evaluate top 3 or 4 plans in terms of their advantages and disadvantages

	Advantages	Disadvantages
Potential Solution #1		
Potential Solution #2		
Potential Solution #3		
Potential Solution #4		

### 4. Decide on a plan

- ✍ Decide on one or two of the plans
- ✍ Specify who will take action
- ✍ Specify how the plan will be implemented
- ✍ Specify when the plan will be implemented (e.g., tomorrow morning: phone the gas company and negotiate to pay the gas bill next month)



Action Steps	Who	When

### 5. Implement the Plan

- Implement the plan as determined

### 6. Evaluate the Outcome

- Evaluate how effective the plan was
- Decide whether the existing plan needs to be revised, or whether a new plan is needed to better address the problem
- If you are not pleased with the outcome, return to step 2 to select a new option or revise the existing plan, and repeat the remaining steps.