

COPING RESOURCES WORKSHEET

In the first column on the left, write down possible sources of stress, problems in the recent past, or anticipated stressors (remember positive events may be stressful as well).

Then, in the 'Coping Resources' column, list the strengths and qualities you have that may help in your coping with problems. Also, identify any external coping resources, such as, friends, family, doctor, etc. Then, identify factors that might interfere with effective coping.

These barriers may be internal, eg, beliefs and attitudes, or external, eg, unemployment, heavy workload, tight deadlines, etc. How can you overcome these barriers? Write down all the useful strategies you can think of in the last column.



Psychosocial Problems & Stressors	Coping Resources	Barriers to Effective Coping	Strategies for Overcoming Barriers
Current:			
Recent Past:			
Future (Anticipated):			