

Did This Coping Skill Actually Help?

Evaluate fit and outcome rather than assuming every skill works for every person or situation.

Situation and what I needed the skill to help me do

Skill used, steps, duration, and adaptations

Before: distress, urge, and functioning from 0-10

After: distress, urge, and functioning from 0-10

What helped, what did not, and any later cost

Next decision: keep, practice, modify, combine, replace, or seek more support

Use this page as a conversation and reflection aid. It is not a diagnosis, assessment, safety plan, or substitute for individualized professional care.