Name			

Positive and Negative Coping Skills

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Following is a list of what would be considered "positive" responses to stress and anger. Check off the appropriate column for each of these. If there are other positive coping skills you use, please write them at the bottom of the list.

Response	NEVER	SOMETIMES	OFTEN
Meditate			
Stretch		*	-
Engage in progressive muscle relaxation		No. 11 annual Co. Marcon Co.	
Listen to music			
Exercise/Play sports			
Watch television			
Imagine a peaceful place			
Go to the movies			
Read a book or magazine			
Work on puzzles or play games			-
Go for a walk			
Talk to a friend or loved one about your issue			
Relax in a bath or take a shower	Manager States		8 40
Spend time alone			
Clean your room or parts of your home			-
Make crafts or draw			
Write in a journal or diary		-	
lang out with friends		4	
5it outside and relax	*		*
Engage in a hobby		-	
ake deep breaths		Personal	
alk to yourself using positive statements	· ·		
ray			
ry			-

Following is a list of what would be considered "negative" responses to stress and anger. Check off the appropriate column for each of these. If there are other negative coping skills you use, please write them at the bottom of the list.

Act out in physical violence toward another person Physically hurt yourself Yell at someone Overeat Do not eat for long periods of time Drink alcohol Drink lots of coffee Smoke (cigarettes) Smoke (weed) Kick something Throw something Punch something Swear at someone Destroy property Bite your fingernails Take tranquilizers Take valium or other drugs	Response	Never	Sometimes	Often
Physically hurt yourself Yell at someone Overeat Do not eat for long periods of time Drink alcohol Drink lots of coffee Smoke (cigarettes) Smoke (weed) Kick something Throw something Punch something Swear at someone Destroy property Bite your fingernails Take tranquilizers				
Yell at someone — Overeat — Do not eat for long periods of time — Drink alcohol — Drink lots of coffee — Smoke (cigarettes) — Smoke (weed) — Kick something — Throw something — Punch something — Swear at someone — Destroy property — Bite your fingernails — Take tranquilizers —			-	
Overeat — Do not eat for long periods of time — Drink alcohol — Drink lots of coffee — Smoke (cigarettes) — Smoke (weed) — Kick something — Throw something — Punch something — Swear at someone — Destroy property — Bite your fingernails — Take tranquilizers —		-		
Do not eat for long periods of time Drink alcohol Drink lots of coffee Smoke (cigarettes) Smoke (weed) Kick something Throw something Punch something Swear at someone Destroy property Bite your fingernails Take tranquilizers	Yell at someone			-
Drink alcohol — Drink lots of coffee — Smoke (cigarettes) — Smoke (weed) — Kick something — Throw something — Punch something — Swear at someone — Destroy property — Bite your fingernails — Take tranquilizers —	Overeat			
Drink lots of coffee — — Smoke (cigarettes) — — Smoke (weed) — — Kick something — — Throw something — — Punch something — — Swear at someone — — Destroy property — — Bite your fingernails — — Take tranquilizers — —	Do not eat for long periods of time			-
Smoke (cigarettes) — Smoke (weed) — Kick something — Throw something — Punch something — Swear at someone — Destroy property — Bite your fingernails — Take tranquilizers —	Drink alcohol			
Smoke (weed) Kick something Throw something Punch something Swear at someone Destroy property Bite your fingernails Take tranquilizers	Drink lots of coffee		-	
Kick something Throw something Punch something Swear at someone Destroy property Bite your fingernails Take tranquilizers	Smoke (cigarettes)			
Throw something Punch something Swear at someone Destroy property Bite your fingernails Take tranquilizers ———————————————————————————————————	Smoke (weed)			
Punch something	Kick something			
Swear at someone Destroy property Bite your fingernails Take tranquilizers ———————————————————————————————————	Throw something			
Destroy property Bite your fingernails Take tranquilizers ———————————————————————————————————	Punch something		Apparent of the second	
Bite your fingernails	Swear at someone			
Take tranquilizers	Destroy property			
	Bite your fingernails			
Take valium or other drugs	Take tranquilizers			
	Take valium or other drugs		Market Committee	
	+-+-+-+-+-+-+-+-+-+-+	-+-+-	+-+-+-+	-+-+-
+-	outnumber your positive responses, you have reason	tive respo to be con	onses. If your cerned. You	negative resp should conside
You should compare the number of positive and negative responses. If your negative res outnumber your positive responses, you have reason to be concerned. You should consid	TOTAL # OF "SOMETIMES" OR "OFTEN" POS	SITIVE	COPING SKI	:LLS:
+-+-+-+-+-+-+-+-+-+-+-+-+-+-+-+-+-+-+-	TOTAL # OF "SOMETIMES" OR "OFTEN" NE	GATIVE	COPING SK	ILLS:

Modified from Anspaugh DJ, Hamrick MH, Rosato FD: Wellness: concepts and applications, St. Louis, 1991, Mosby.