



COPING STRATEGY LIST

Circle the strategies that you are either using or would like to use

GROUNDING	AFFIRMING	RESOLVING	DISTRACTING	SELF-SOOTHING
<ul style="list-style-type: none">Take deep, slow breaths from your gut rather than your chest	<ul style="list-style-type: none">I'm stronger than any trigger	<ul style="list-style-type: none">Address the feelings/events behind your trigger in therapy	<ul style="list-style-type: none">Watch a movie that makes you laugh	<ul style="list-style-type: none">Curl up with a cup of tea and a warm blanket to rest
<ul style="list-style-type: none">Start counting the number of red things in the room around you	<ul style="list-style-type: none">I deserve to be supported and helped when I feel sad and alone	<ul style="list-style-type: none">Write about your triggers and the emotions behind them	<ul style="list-style-type: none">Exercise with your music turned up	<ul style="list-style-type: none">Light candles and put on soothing music
<ul style="list-style-type: none">Go outside and focus on feeling the air and sun on your skin	<ul style="list-style-type: none">I am safe now, and the past cannot harm me	<ul style="list-style-type: none">Share your triggers in community with other survivors, allow them to help you work through the feelings and circumstances underneath the triggers	<ul style="list-style-type: none">Play a game with your children or a friend	<ul style="list-style-type: none">Pamper your body: give yourself a manicure, pedicure or facial
<ul style="list-style-type: none">Rinse your hands with cold water or hold ice cubes until they melt	<ul style="list-style-type: none">I am lovable and deserve to be treated well		<ul style="list-style-type: none">Get out of the house and do something active with friends: bowling, laser tag, hiking, bike riding	<ul style="list-style-type: none">Meditate or pray
<ul style="list-style-type: none">Run your hands over a rough surface, like bricks, tree trunks or Velcro	<ul style="list-style-type: none">I can treat myself with kind, and gentleness in these hard moments		<ul style="list-style-type: none">Hang out with friends who make you laugh	<ul style="list-style-type: none">Visualize yourself living your highest and best life – build that image in your mind and return to it often to fill in details
<ul style="list-style-type: none">Fire up your playlist and sing along with songs you know	<ul style="list-style-type: none">I am powerful			
<ul style="list-style-type: none">Count backwards from 88	<ul style="list-style-type: none">I have many choices on how to cope with these feelings			

