

COPING AHEAD

(HOLIDAY/FAMILY example)

The goal of this skill is to help you deal with emotional situations in line with your values and goals. It is not necessarily to feel better fast, although often (thankfully!) that follows.

1. Describe the situation (just the facts, not interpretations or judgments).

Going to my parents' for Thanksgiving.

1. My dad might watch football all day and leave me and my mom to do everything, which means they'll argue.
2. My mom is probably going to ask me if I'm "putting myself out there" dating-wise.
3. My old room is now a home gym/craft/junk room so I don't have any private space to go to.

2. What SUDs (distress level 1-10, where 10 is most distressed), emotions, thoughts, physical sensations, and action urges am I having related to this problem?

SUDS: 5	Emotions: <i>Anxious, irritated, sad, ashamed, lonely, overwhelmed.</i>
Thoughts (underline the "hot thought", or most distressing cognition): <i>"It shouldn't be this hard." "I can't take it." "Why are we all such losers?" "What's wrong with me?" "I guess I'll always be alone."</i>	
Body sensations: <i>Tension, dread in pit of stomach, heaviness.</i>	
Action urges: <i>Snap at my parents, especially my dad. Sulk. Drink too much. Check ex's social media or spend lots of time on Bumble.</i>	

3. What skills have worked in the past?

1. Asking dad if he wants my help with anything.
2. "Grey-rocking" with my mom – giving her very brief answers without any emotional details that she can seize on.
3. Going to the store for my mom and taking a really long time.

4. I am willing to try the following skills to deal with this/these potential problem/s:

1. Ask dad if he wants my help with anything. Leave the room if my parents' arguing gets intense rather than feel I have to control them or suffer in silence. Repeat coping statement "when they get louder, I get calmer." Do grounding exercises, TIPP skills, stretching, or a run if SUDS > 6/10.
2. Validate the valid and use irreverence when setting boundary – tell mom I appreciate her concern and I am dating but unfortunately Bumble makes you sign an NDA now ;) "Broken record" if she keeps asking/hinting. Text with validating friends and my aunt (briefly/not to punish my mom). Focus on practicing the hobbies that enhance joy, connection, presence, and self-respect (and coincidentally make me super dateable) – board games with my parents, cooking, writing poetry. Limit of three drinks, with a full glass of water between each. Repeat coping statements "I am worthy of real love" and "I am whole" and remind myself of those I know who found love after much effort and uncertainty. Hang out with my parents' dog. Don't wait to fall in love, walk in love: make a list of the many ways I've felt loved recently, from a stranger returning my shopping cart for me to a friend sharing a clutch meme – and give thanks.
3. Walk the dog, take a long shower/bath, put in AirPods for a bit, go for a drive (if I haven't been drinking), tell parents I need a little me-time recharge, make sure I eat/keep blood sugar regulated. Repair, self-compassion, and loving kindness meditation if I snap at them.

5. Imagine the situation in your mind as vividly as possible (including the potential difficult feelings). Imagine yourself IN the situation NOW, not watching the situation.

- Rehearse in your mind exactly what you could do to cope skillfully. You got this!

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(fillable version)

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1. Describe the situation (just the facts, not interpretations or judgments).

2. What SUDS (distress level 1-10, where 10 is most distressed), emotions, thoughts, physical sensations, and action urges am I having related to this problem?

SUDS:	Emotions:
Thoughts:	
Body sensations:	
Action urges:	

3. What skills have worked in the past?

4. I am willing to try the following skills to deal with this/these potential problem/s:

**5. Imagine the situation in your mind as vividly as possible (including the potential difficult feelings).
Imagine yourself IN the situation NOW, not watching the situation.**

- Rehearse in your mind exactly what you could do to *cope skillfully*, even if things are tough.
- Rehearse your actions, your thoughts, what you say, and how to say it.
- Imagine feeling effective and accomplished afterward.