

Coping Styles Checklist

Cognitive Coping Styles

- ☐ I try to analyse the situation logically
- ☐ I reframe the situation to see the positive side
- ☐ I blame myself for what happened
- ☐ I try to forget or block it out
- ☐ I catastrophize - imagining the worst possible outcome

Emotional Coping Styles

- ☐ I suppress my feelings and keep going
- ☐ I express my emotions openly (cry, talk, etc.)
- ☐ I distract myself from how I feel
- ☐ I feel overwhelmed or emotionally frozen
- ☐ I release my emotions through art, journaling, or music

Behavioural Coping Styles

- ☐ I take immediate action to fix the problem
- ☐ I avoid the situation entirely
- ☐ I seek support from someone I trust
- ☐ I focus on self-care (e.g., sleep, exercise)
- ☐ I use unhealthy habits (e.g., overworking, overeating, scrolling)

Social Coping Styles

- ☐ I withdraw from people when I'm stressed
- ☐ I vent or talk it out with others
- ☐ I try to support others even if I'm struggling
- ☐ I become impatient or irritable
- ☐ I pretend everything is fine

Reflection Prompts:

- Which of these styles do you use most often?
- Are they helpful in the long run?
- Which styles might you want to explore more?