# **Coping Card**



Triggers	Reasons for living/being safe/being grateful:
Things that make me feel mad, sad, or upset are:	
•	•
•	•
•	•
•	•
Warning Signs	•
Others know I am mad, sad, or upset because:	•
•	•
•	
•	•
•	•
Name	
Name:	
Coping Card	Seattle Children's HOSPITAL · RESEARCH · FOUNDATION
Coping Card	
Triggers	Seattle Children's HOSPITAL · RESEARCH · FOUNDATION  Reasons for living/being safe/being grateful:
Triggers	Reasons for living/being safe/being grateful:
Triggers Things that make me feel mad, sad, or upset are: •	Reasons for living/being safe/being grateful: •
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Triggers Things that make me feel mad, sad, or upset are:  • • • •	Reasons for living/being safe/being grateful:
Triggers Things that make me feel mad, sad, or upset are:  • • • • Warning Signs	Reasons for living/being safe/being grateful:
Triggers Things that make me feel mad, sad, or upset are:  • • • • Warning Signs Others know I am mad, sad, or upset because:	Reasons for living/being safe/being grateful:
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Triggers Things that make me feel mad, sad, or upset are:  • • • • Warning Signs Others know I am mad, sad, or upset because:	Reasons for living/being safe/being grateful:
Triggers Things that make me feel mad, sad, or upset are:  • • • • Warning Signs Others know I am mad, sad, or upset because:	Reasons for living/being safe/being grateful:
Triggers Things that make me feel mad, sad, or upset are:  • • • • Warning Signs Others know I am mad, sad, or upset because:	Reasons for living/being safe/being grateful:

## **Coping Card**

### My Strengths

What I am good at that's gotten me through before:

- •
- •
- •
- •
- •

#### **COPE Sequence**

Calm: I can calm by?

Options: My options/choices are?
Perform: My best options are?
Evaluate: How did my option work?

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### My Coping Skills Now

When I am mad, sad, or upset, I manage by:

- •
- •
- •
- •
- .
- .
- •
- •

### My New Coping Skills

New coping skills to try:

- •
- •
- •
- •
- •
- .
- •
- .

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# **Coping Card**

#### My Strengths

What I am good at that's gotten me through before:

- •
- •
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- •
- •

### **COPE Sequence**

Calm: I can calm by?

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### My New Coping Skills

New coping skills to try:

- •

- .
- •
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- \_

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