



# 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?

**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:

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## My New Coping Skills

New coping skills to try:

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