

COPE AHEAD – Worksheet

1. Describe the Situation

Describe the upcoming situation likely to trigger uncomfortable emotions. Be specific.

Emotions / Action Urges:

2. Choose Coping Skills

List the DBT skills you will use.

Skills:

3. Imagine the Situation

Imagine the situation vividly.

Notes:

4. Rehearse Coping Effectively

Rehearse what you will say and do.

Plan:

5. Relax After Rehearsing

Choose a relaxation strategy.

Relaxation Plan:
