

Cope Ahead Worksheet

Name: _____ Date: _____ dd / mm / yyyy

The Cope Ahead Worksheet is designed to help you prepare for challenging or difficult situations by identifying your expected emotions, thoughts, and coping strategies in advance. This proactive approach can help you manage your response more effectively when the situation arises.

Describe the situation that you anticipate may be challenging or difficult.

List the emotions you expect to feel in this situation.

Describe any physical sensations you anticipate experiencing during this situation.

List the thoughts that might go through your mind in this situation.

Identify the coping skills or strategies you can use to manage your emotions and thoughts in this situation.

Consider any obstacles that might prevent you from using your coping skills effectively and how you can overcome them.

List the people or resources you can turn to for support during this situation.

Reflect on how you managed the situation, what worked well, and what you might do differently next time.

Additional Notes:

HEALTHCARE PROFESSIONAL'S INFORMATION

Name:

License Number:

Phone Number:

Email:

Name of Practice: