

Coping Contract with Myself

Coping Skills that worked for me this week: _____

Coping Skill I will continue to use: _____

Coping Skills that I am willing to try this week: _____

How will I utilize these coping skills: _____

When will I utilize these coping skills: _____

I will reward myself by feeling good about myself and: _____

(Signature) Witness

Completed: __yes __no

I rewarded myself: __yes __no

(Signature) Participant

Reasons (if not completed): _____

