

COPING LOG

Provide an example of a time you did not cope well.

When did this happen? _____

What was the situation? _____

My thoughts	My feelings	My actions	My outcome

MY COPING PLAN

Now make it positive. List an example of a time you coped well; or, *imagine* yourself coping well in a chosen situation and use the information you've learned to describe the specifics.

Describe the scenario (real or imagined) where you cope well: _____

My thoughts	My feelings	My actions	My outcome

CHOICE	BENEFIT (What do I get out of it?)	PAIN COST
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10		

My Overall Goals: _____

Strategies	My Action Steps	M	T	W	Th	F	S	Su
Lower my pain/stress responses (body)								
Lower my pain/stress responses (mind)								
Limit my pain/stress triggers								
Prevent my flares (planning and monitoring)								

<p>1. What is my pain flare telling me?</p>	
<p>2. Was anything different in the days that preceded my pain flare?</p>	
<p>3. What would help reduce future pain flares?</p>	
<p>4. What can I do now to set myself up for success with preventing future pain flares?</p>	
<p>5. Do I need extra support in making changes?</p>	

Table 10.3 My Advanced Empowerment Program—Overall Goals:
Reduce Suffering, Improve Functioning, Reduce Medication

Strategies	Action Steps	M	T	W	Th	F	S	Su
Lower my pain/stress responses (body)								
Lower my pain/stress responses (mind)								
Limit my pain/stress triggers								
Prevent my flares (planning and monitoring)								