**6. COPING LOG Stressful Event (Building Stress Awareness - Signals)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Physical Sensations/Signs** | **Emotions/Feelings** | **Automatic Thoughts (Notice these thoughts typically focus on what you don't want)** | **Behaviors** | Cognitive Distortions | Positive Emotions | Positive Thoughts (Focus these thoughts onwhat you deeply want, i.e., what you desire when in RR) |

Coping Key:

Negative, Irrational Thoughts (thought that don’t served you) = Thought Distortions in need of cognitive restructuring Negative, rational thoughts that represent what’s under your influence = Problem Solve

Negative, rational thoughts that represent what you cannot influence = Accept, i.e., find or create positive meaning