**3.2.1 COPING LOG**

Stressful Event:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Physical Signs (Sensations) | Behaviors | Emotions/Feelings  (with their Underlying Beliefs are reflected in Thoughts) | Automatic Thoughts (Notice these thoughts typically focus on what you don't want, the thoughts are maladaptive if they do not serve you well) | Cognitive Distortions (are a product of core beliefs that are negative ) | Adaptive Desirable Positive Emotions & Feelings | Adaptive Desired Positive Thoughts – Beliefs (Intentionally focus on what you deeply want, what you desire when in RR) |

Coping Key:

Negative, Irrational Thoughts (thought that don’t served you) = Thought Distortions in need of Cognitive Reappraisal and Restructuring

Negative, Rational Thoughts that represent what’s under your influence = Problem-Solving

Negative, Rational Thoughts that represent what you cannot influence = Acceptance, then look to find or create positive meaning

Stress Responses:

The first 5 columns correspond to Stress Warning Signals and Stress Activating Responses.

Notice how Negative Emotions and Feelings are linked to Cognitive Distortions that have deep unique Conditioned Beliefs.