**3.2.3 COPING LOG EXAMPLES**

Stressful Event Example 1: Husband is sick and puts off going to doctor; we end up in emergency room

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| **Physical Signs**  Headache Neck tension Loose stools Craving sweets Fatigue Insomnia  **Behaviors**  Eating junk food  Complaining Pleading | **Emotions**  Angry Anxious Frustrated | **Automatic Thoughts** (Notice these thoughts typically focus on what you don't want)  He’ll need another stent or worse yet, surgery  Won’t survive this time He doesn’t care about me  He won’t do what he’s told Never takes care of his health | **Cognitive Distortions**  Fortune Telling  Magnification Mind Reading Should  All or Nothing | **Positive Emotions**  Vulnerable  Reasonable Concern  Balanced Power  Positive Expectation  Love Loving Kindness  Compassion Persistence Change Learning Appreciation | **Positive Thoughts**  (Focus these thoughts on what you deeply want, i.e., what you desire when in RR)  He’s frightened  He has made some health changes: improved diet and is exercising  I could be a better role model and do more to care for myself  He made it to the ER, knew he needed to go  He’s frightened, not easy for him to be dependent  He’s learning to take better care of himself and this event will just encourage him to do more  He means the world to me, I will let him know how much I appreciate all he’s done for us. |

Stressful Event Example 2: Forgot to take my sleeping pills again

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| **Physical Signs**  Suddenly alert  Tensing up  Shallow breathing  **Behaviors**  Tossing and turning in bed | **Emotions**  Annoyed Angry | **Automatic Thoughts** (Notice these thoughts typically focus on what you don't want)  Oh, I keep forgetting to take this pill in time to get a good amount of sleep. I’ll never remember.  I'll have to be up later to get sleepy.  I won't be able to get to sleep.  Dealing with sleep anxiety is so hard.  Will I ever be able to fall asleep easily? | **Cognitive Distortions**  All or Nothing: “Always” and “never” creep in.  Fortune Telling: Predicting that I'll have trouble.  Should: Scolding myself for forgetting  Perfectionism: I had a lot to do today so not unexpected to be preoccupied. | **Positive Emotions**  Positive Expectancy - expecting good sleep  Process- changing deep-seated habits takes time  Patience- with myself. Compassion, understand how I got into this poor sleep condition  Forgiveness- focus on healing myself | **Positive Thoughts**  (Focus these thoughts on what you deeply want, i.e., what you desire when in RR)  Set alarm on iPhone to tell me when to take pills! (It works).  I’m a good problem solver.  This won’t keep happening. I’m learning. I have better sleep now than I’ve had in years.  .  See this as no big deal. Believe that I can take stressful events in stride, that I am strong and confident, even when I make mistakes or forget something.  This forgetting is human.  I can calm myself now to help me sleep sooner. Keep building my meditation practice and sleep hygiene habits so one day, I won’t even needs the pills.  Practice, practice, practice. |

Stressful Event Example 3: Working on computer for a couple of hours early evening

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| **Physical Signs**  Alert Edgy Irritable  Tight head, neck, shoulders  Slight headache  Tired eyes  Shallow breathing  **Behaviors** Drinking coffee  Yelling at kids to leave me alone | **Emotions**  Anxious Fearful Inferiority Frustration | **Automatic Thoughts** (Notice these thoughts typically focus on what you don't want)  The more I try to do a good job, the more I make mistakes  Computer work is so hard for me. It comes so easily to others. I’m stupid.  This will take me forever to finish.  I have to proof all the time to fix my many errors. UGH!  I gotta keep it together, keep working with all the pieces of the puzzle.  I’m gonna fail and lose it I can’t do this. | **Cognitive Distortions**  Fortune telling  Perfectionism. Fear I'll make mistakes. But I do!  Perfectionism/ Should. I should be better at this.  Perfectionism All or Nothing. I USUALLY  make mistakes. Not always.  Perfectionism. Thinking I'm not competent.  Emotional Reasoning (lack of self confidence) | **Positive Emotions**  Learning Confidence  Positive Expectation Process  Love of Learning! Look at how well I learn, I learned how to be great wife, mother, artist, learning computer, etc.  Learning and believing in yourself antidotes perfectionsim.  Making mistakes is precisely how we learn. Everyone makes them. It’s built into being human.  Know your Greatness, i.e., your strengths.  You’re not to have everyone’s strengths, and everyone has limitations. Some limitation we can strengthen. | **Positive Thoughts** (Focus these thoughts on what you deeply want, i.e., what you desire when in RR)  I keep improving.  This will get easier over time.  If I weren’t so hard on myself, I would likely make less mistake.  Maybe I should take a break with the kids; it will help me relax and be less tense.  I’ve mastered a lot of tough situations in the past, this is just another one.  Working two jobs and raising two kids isn’t easy. |

Stressful Event Example 4: Can’t sleep

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| **Physical Signs**  tired relaxed  deep breathing  alert, mind going  **Behaviors**  Planning to take a shower to help relax and get a jump on morning | **Emotions**  Frustration Sadness Hopelessness Disappointment | **Automatic Thoughts** (Notice these thoughts typically focus on what you don't want)  The meditation is not working  I can't do this  Difficulty with sleep won't change  What's wrong with me Nothing's helping Why me? | **Cognitive Distortions**  All or Nothing (never, always)  Perfectionism Fortune Telling  All or Nothing  Shouldn’t (be me) | **Positive Emotions**  Wisdom –right now change my attitude and problem solve by meditating and enjoying the fragrance of lavender..  Awareness Learning Change  Compassion (to deeply understand)  Positive Expectation Power | **Positive Thoughts** (Focus these thoughts on what you deeply want, i.e.,  what you desire when in RR)  I have been doing much better in the last 2 weeks, except for tonight. The more I work on my stress and shift my mind in the evening, the better I’ve slept. Today’s stress just got ahead of me. Ironically, worrying about stress, just gets in the way.  I am beginning to see myself as a good sleeper, who falls asleep easily. And when I don’t sleep as well it’s a great signal to nurture myself and keep working to heal my stressors.  I am working on my mediation efforts, and enjoying them.  I’ll get back to good sleep. I’m resting anyway. Good time to practice meditation, which is the next best thing to sleep. No need to think, simply focus on calming phrase, image, and the soothing rhythm of my breath. |

# COPING LOG

Stressful Event Example 5.: Having to have a shot at the doctors office

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| **Physical Signs**  Sweating Shaky Dizzy Foggy  Heart beating fast  **Behaviors**  Talking to friends for support | **Emotions**  Scared Anxious Worried | **Automatic Thoughts** (Notice these thoughts typically focus on what you don't want)  I don’t want to get the shot. I will pass out.  I will panic. | **Cognitive Distortions**  Fortune Telling All or Nothing | **Positive Emotions**  Positive Expectation  Wisdom (change my attitude)  Courage Choice  Strength Determination  Good use of my Will Appreciation  Power | **Positive Thoughts** (Focus these thoughts on what you deeply want, i.e.,  what you desire when in RR)  This is good for me.  The more I handle this with the right attitude, the sooner I’ll get beyond this fear.  It’ll feel like a pinch, last only a moment.  This is for me, for my health. This is the right thing to do.  I can overcome this fear; others have and I will too.  I’m lucky I can have my health protected.  I have lots of new strategies that will help me like laughing, positive imagery, and keep exercising to keep my stress down.  Little children get shots; I can do this. |