

Changing Coping Strategies

Complete the chart below by listing ways you usually respond to stressful situations or thoughts. Are any responses more negative than positive? If so, try thinking of different coping strategies for the future. Write more positive ones in the last column.

<i>Situation</i>	<i>I usually react by...</i>	<i>I could react by...</i>
Disagreement with parents		
Too much homework/too many tests		
Criticized by peers		
Pressure to experiment with alcohol or drugs		
Fitting in socially		
Planning for the future (college, job, adulthood)		
Juggling school, sports, and social life		
Following rules		
Getting into trouble		
Feeling embarrassed		
Being teased		

Replacing Negative Thoughts with Positive Ones

Be aware of how often and in what circumstances you have negative thoughts. Will those thoughts cause self-sabotaging behaviors? Challenge negative thoughts by asking yourself questions. Is there another way to look at this? What can I do to change this situation? Replace negative thoughts with positive ones. Practicing positive thoughts enables you to make helpful and effective changes.

Replace negative responses with positive ones listed below.

<i>Negative Thoughts</i>	<i>Positive Thoughts</i>
My parents will never understand how I feel.	
My friends are dumb.	
I hate the way I look.	
I will always be lonely.	
Nothing ever goes my way.	
I always make mistakes.	
It's not going to work out, so there's no point of even trying.	
I hate my school.	
I will never pass this class.	
I will never go to college.	