



NewCope

Description

NewCope helps identify new coping strategies for dealing with negative thoughts and feelings. Describe an event that took place in the past, choose an emotion you felt, and say what age you were when it happened.

Example

Describe your life event: *I had a bad breakup with my partner*



glad



mad



sad



anxious

How old were you? *25*

Write the ideas that make the emotion stronger, choose the strongest idea and how much do you believe it on the scale from 1 to 10:

The strongest idea 1-10

The ideas that make the emotion stronger

8 Idea one *Relationships make life difficult*

4 Idea two *I'm not loveable*

5 Idea three *I make bad choices*

Write how you cope with this idea. Note: coping is something you do to deal with an idea. *I'll avoid relationships in the future.*

List three pieces of evidence that support this way to cope:

Supporting evidence one
I'll never have a breakup

Write three pieces of evidence that oppose this way to cope

→ Opposing evidence one
I won't have many relationships

Supporting evidence two
I won't get hurt

→ **Opposing evidence two**
I won't be very happy

Supporting evidence three
Things will be simple

→ **Opposing evidence three**
I might get bored or lonely

Coping and facts (combine evidence supporting the strongest idea and evidence opposing it together into a short paragraph):

Although I can cope by *I'll avoid relationships in the future.*,
(write the strongest idea)

because *I'll never have a breakup*
(write supporting evidence one)

it may not work out, because, *I won't have many relationships*
(write opposing evidence one)

and although *I won't get hurt*,
(write supporting evidence two)

it may not work out, because, *I won't be very happy*
(write opposing evidence two)

and although *things will be simple*,
(write supporting evidence three)

it may not work out, because *I might get bored or lonely.*
(write opposing evidence three)

How strongly do you believe this paragraph?

1 2 3 4 5 6 7 8 9 10

Now write a new coping method: *I would try learning how to have better relationships*

Describe your life event

(Ex.: I had a bad breakup with my partner)

Choose your emotion:

 glad

 mad

 sad

 anxious

How old were you?

Write the ideas that make the emotion stronger, choose the strongest idea and how much do you believe it on the scale from 1 to 10:

**The
strongest
idea 1-10**

The ideas that make the emotion stronger

Idea one _____

Idea two _____

Idea three _____

Write how you cope with this idea. Note: coping is something you do to deal with an idea.

List three pieces of evidence that support this way to cope:

Write three pieces of evidence that oppose this way to cope

Supporting evidence one

Opposing evidence one

→

Supporting evidence two

Opposing evidence two

→

Supporting evidence three

Opposing evidence three

→

Coping and facts (*combine evidence supporting the strongest idea and evidence opposing it together into a short paragraph*):

Although I can cope by _____,
(write the strongest idea)

because _____,
(write supporting evidence one)

it may not work out, because _____,
(write opposing evidence one)

and although _____,
(write supporting evidence two)

it may not work out, because _____,
(write opposing evidence two)

and although _____,
(write supporting evidence three)

it may not work out, because _____,
(write opposing evidence three)

How strongly do you believe this paragraph?

- 1 2 3 4 5 6 7 8 9 10

Now write a new coping method:
