

Coping skills log

Tracking what works

Not every skill works for every situation. This log focuses specifically on your response to stress. By measuring your distress levels before and after using a skill, you can identify which tools in your Coping Toolbox are most effective for you.

The Challenge What happened?	Skill Used What did you try?	Start Intensity 0–10	End Intensity 0–10	Success Reflection Would you do this again?

The Skill Audit

Summarize your skill use



Review your entries from the past week.
Circle the skills that consistently lowered your distress by 2 or more points.

Are there skills that didn't help?

This is helpful information! Is there a different skill from your Coping Toolbox you want to try next time?