

# Coping Card

"When I am feeling \_\_\_\_\_  
I will do the following:"

1. List 3-5 specific, realistic coping/grounding tools that you have quick access to.
2. Keep this card with you (e.g., in wallet or purse)
3. Review it often
4. You can make more than one with coping interventions tailored to specific problems (e.g., overwhelmed, triggered to drink, angry)

Example 1:

*When I am feeling overwhelmed, I will do the following:*

1. Go to a quiet place and breathe deeply for 3 minutes
2. Listen to my favorite song
3. Write a list of 10 things I am grateful for
4. Call a friend (Alex or Dane)
5. Say outloud, "This won't last forever. It will be ok."