

Cope Ahead Worksheet

Patient Name:	Rajesh Mehta
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The Cope Ahead Worksheet is designed to help you prepare for challenging or difficult situations by identifying your expected emotions, thoughts, and coping strategies in advance. This proactive approach can help you manage your response more effectively when the situation arises.

Describe the situation that you anticipate may be challenging or difficult.

Attending an event where I might encounter my estranged parents and siblings.

List the emotions you expect to feel in this situation.

Anxiety, sadness, and discomfort.

Describe any physical sensations you anticipate experiencing during this situation.

Tension in my shoulders, increased heart rate, and stomach discomfort.

List the thoughts that might go through your mind in this situation.

"What if we have a confrontation?"
"I'm not sure I can handle this."
"I hate my parents. I am so angry."
"My brothers make me feel so insecure."

Identify the coping skills or strategies you can use to manage your emotions and thoughts in this situation.

Deep breathing exercises, positive self-talk, and setting boundaries for interactions.

Consider any obstacles that might prevent you from using your coping skills effectively and how you can overcome them.

Feeling overwhelmed by emotions. To overcome this, I can take breaks and step outside for fresh air if needed.

List the people or resources you can turn to for support during this situation.

My therapist, a close friend who will be at the gathering, and a mindfulness app on my phone.

Reflect on how you managed the situation, what worked well, and what you might do differently next time.

After the event, I will review my coping strategies and their effectiveness, and consider any adjustments for future situations.

Additional Notes

Remember to focus on self-care before and after the gathering, Raj. You'll be okay. And distance yourself if you feel overwhelmed. Take care of yourself!

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