

# Therapy Worksheet for Teens

Name	Date
<b>What event or trigger occurred just before 'the problem' developed?</b>	
<b>What is 'The Problem'?</b>	
<b>How do I Cope with 'the problem'?</b> (What things make me feel better, or at least temporarily?)	
<b>How effective are those coping strategies?</b> What are the pros?	What are the cons?
<b>What else could I do/try to cope?</b>	