

Therapy Worksheet for Teens

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