

AAA – All-Purpose Coping Worksheet
*For enhancing self-awareness, cultivating mindfulness
and developing active coping skills*

1. AWARENESS

Note any precipitating event that may have led to your current state:

Take inventory of your internal reactions:

Breathing: _____

Body: _____

Emotions: _____

Thoughts: _____

2. ACCEPTANCE / VALIDATION

Sit with what you're feeling.

Acknowledge what is present and real for you right now.

Breathe into this awareness.

Recognize your reactions are there for a reason (validation).

3. ACTION

If you would like to change your experience, consider what action you might take in order to facilitate this shift:

Ex: Mental – Change the way you're thinking (identify misperceptions, faulty beliefs; adopt alternative perspectives)

Physical – Relaxation, body awareness, guided imagery, breathing

Social/interpersonal – address a conflict, connect with someone

Situational – Change your environment, fix a problem

Process emotions – journaling, drawing, listening to music

4. AWARENESS

Notice the impact of AAA on your physical/emotional state.

Take inventory of your internal reactions:

Breathing: _____

Body: _____

Emotions: _____

Thoughts: _____