

**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: \_\_\_\_\_