## **Healthy vs. Unhealthy Coping Strategies**

Describe a problem you are currently dealing with:		
My unhealthy coping strategies:	Consequences of unhealthy coping strateg	gies:
1		
2		
Healthy coping strategies I use, or could use:	Expected outcomes of healthy coping strategies:	Barriers to using healthy coping strategies:
1		
2		
3		