

**Unhealthy Coping Worksheet**  
**Part 1: Identifying Unhealthy Coping Patterns**

**Instructions:** Reflect on recent situations where you felt distressed or overwhelmed. Identify any unhealthy coping mechanisms you used. *Examples include avoidance, overworking, unhealthy habits, or negative self-talk.*

**Situation:** Describe a recent situation where you felt distressed or overwhelmed.

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**Unhealthy Coping Mechanism:** What unhealthy coping mechanism did you use in this situation?

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**Impact:** How did this coping mechanism affect you and the situation?

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**Part 2: Identifying Unhelpful and Negative Thoughts**

**Instructions:** Recognize and write down unhelpful or negative thoughts that occur during distressing situations. Try to identify any patterns in these thoughts.

**Situation:** Briefly describe a situation where you noticed negative thoughts.

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**Unhelpful/Negative Thought:** What was the specific thought that came to mind?

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**Pattern Recognition:** Have you noticed this thought pattern before? If yes, in what situations?

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### **Part 3: Identifying and Understanding Feelings**

**Instructions:** Reflect on the feelings that arise in response to your thoughts. Understanding your emotions can help in managing them better.

**Situation:** Describe a situation where you had strong emotions.

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**Feeling:** What specific emotion(s) did you feel? (e.g., anger, sadness, anxiety, frustration)

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**Intensity:** On a scale of 1-10, how intense was this feeling?

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**Physical Sensations:** Did you notice any physical sensations in your body associated with this feeling? Describe them.

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