

Coping – In Advance

This simple exercise prepares you for coping in advance. If you have a potential difficult event coming up, try rehearsing with a coping strategy to lessen the impact of a 'wayward scenario' and manage your emotional response better.

1. Describe a situation that is likely to create negative emotions for you
2. Decide what coping strategy or problem solving skills you want to use in the situation
3. Close your eyes and imagine being in the situation right now.
4. In your mind, rehearse coping effectively. What will you say? What will you do? How will your body language project how you are feeling and support what you are saying?

How did you go? Do you feel more confident and prepared now?

Well done.