FORM 8.10

Reviewing How I Handled Past Negative Events

All of us deal with negative events from time to time. Perhaps you do not think you can handle negative situations that well. Think back about negative experiences you have had and identify ways in which you were able to cope. What did you eventually do to make things better? Also, identify some problematic or unhelpful ways of coping—for example, drinking, isolating yourself, pursuing no-win relationships, procrastinating, or just complaining. Finally, examine your current problem and identify some possible effective ways of coping and some ineffective ways of coping.

Past negative events	**How I coped**	**Unhelpful ways of coping**
Current problem that I worry about	**How I could cope effectively**	**Unhelpful ways of coping**

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