FORM 9.7

How Have Others Coped?

When we go through a loss or a conflict, we often focus on the worst possible outcome or meaning. It can be helpful to realize that other people have gone through similar or even worse experiences. Many of these people found ways of coping or ways of thinking that were especially helpful. What can you learn from the way they coped?

Describe current situation	Who else has experienced something like this?	How did they view this situation and how did they cope?	What can I learn from their experience?	What specific things can I do to move forward and cope better?	What skills do I have to cope?	What resources do I have to cope?	If I believed that I had ways to cope, how would I think and feel now?	What am I willing to do this week to move forward in coping?

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