

Active Coping

Step 1: Identify/Define Problem

Try to state the problem as clearly as possible. Be objective and specific about the behaviour, situation, timing, and circumstances that make it a problem. Describe the problem in terms of what you can observe rather than subjective feelings.

Problem Definition

Step 2: Generate Possible Solutions/Options

List all the possible solutions. Be creative and forget about the quality of the solutions. If you allow yourself to be creative, you may come up with some options that you would not otherwise have thought of.

List All Possible Solutions

Now eliminate the less desirable or unreasonable alternatives only after as many possible solutions have been listed. Then, list the remaining options in order of preference.

Preferred Solutions/Options

1.

2.

3.

4.

Steps 3 to 6 of 'Active Coping' continued on next page...

Step 3: Evaluate Alternatives

Evaluate the top 3 or 4 plans in terms of their advantages and disadvantages

	Advantages	Disadvantages
Potential Solution #1		
Potential Solution #2		
Potential Solution #3		
Potential Solution #4		

Step 4: Decide On A Plan

Decide on one, two or more of the plans. Specify the steps involved, who will take action, and when the action will be taken.

Action Steps	Who	When

Step 5: Implement Plan

Implement your plan as specified above, using your *Weekly Activity Schedule* to help you stick to taking action when you had planned to.

Step 6: Evaluate the Outcome

Evaluate how effective the plan was. Decide whether the existing plan needs to be revised, or whether a new plan is needed to better address the problem. If you are not pleased with the outcome, return to Step 2 to select a new option or revise the existing plan, and repeat the remaining steps. If after many attempts the problem no longer seems solvable, it may mean you need to 'let go' of the issue, using mindfulness and postponement to help you do this.