

# Coping Skills Worksheets

A printable sampler for therapists, organised by skill family.

These prompts are clinical scaffolds. Rehearse the skill in session before sending the form home, and adapt language and pacing to the client and their developmental stage. Coping work supports the relationship in which it lives, never replaces it.

## Includes

1. TIPP and urge-surfing skill cards (distress tolerance)
2. 5-4-3-2-1 sensory grounding prompt
3. Emotion check-in form (mood, affect, cue, what helped)
4. Triggers log adapted for adolescent recovery work

Educational content for therapists. Not legal or clinical advice.



## 2 — 5-4-3-2-1 sensory grounding

Use for hyper-arousal and mild dissociation. Anchors attention to immediate sensory contact. For severe dissociation, use direct co-regulation in session before this prompt.

### 5 things I can see:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### 4 things I can touch:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### 3 things I can hear:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### 2 things I can smell:

1. \_\_\_\_\_
2. \_\_\_\_\_

### 1 thing I can taste:

\_\_\_\_\_

### 3 — Emotion check-in (mood, affect, cue, what helped)

Use as a between-session continuity object. Tracks affect rather than evaluates it.

Date	Mood (0–10)	Affect named	Cue / situation	What helped

**Pattern review at end of week:**

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## 4 — Triggers log (adapted for adolescent recovery work)

Adolescent-friendly version. Shorter cues, fewer rating scales, room for visual / drawn responses.

Day	What happened	Where (place / who with)	Body cue	What I did

**HALT (hungry, angry, lonely, tired) check at the most intense urge this week:**

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## About this sampler

Authored by Dr. Hannah Lin, modality specialist (CBT, ACT, IFS), for Emosapien — a co-therapy tool purpose-built for therapy practices. Coping skill prompts are scaffolds for the rehearsal that lives in session, never replacements for the relationship the rehearsal happens in.

[emosapien.com / resources / coping-skills-worksheets](https://emosapien.com/resources/coping-skills-worksheets)