

Proactive and Reactive Coping Skills

Sometimes clients view coping skills as only emergency care. There are actually two types of coping skills **(1) proactive and (2) reactive**. Reactive we need immediately in the moment to calm the intensity. For example, reactive coping skills are needed during a panic attack or in a moment of rage. Proactive skills are skills we use every day whether we feel like we need them or not. These proactive skills allow our body to continually return to base level as joys and stressors can feel like a roller coaster of the day. **These proactive skills bring healing to our brain and body.**

The below chart (**next page**) is one system to help schedule skills and give us important information of what is or isn't working for our bodies and brains. Perhaps we find one connects with us better in the morning verses bedtime or better when angry verses sad. This helps us to connect with what works best for us. Take time to note intensity of emotion before and after the skill. 1 being calm and 10 the most intense. This helps with empowerment of choosing what brings us healing.

PLEASE NOTE, coping skills are made to try more than once due to the first couple of times our brain may resist simply because it is not used to something new. This does not apply to something that is unsafe.

See next page.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Skill							
Intensity Before/ After	_____ (B)	_____ (B)	_____ (B)	_____ (B)	_____ (B)	_____ (B)	_____ (B)
	_____ (A)	_____ (A)	_____ (A)	_____ (A)	_____ (A)	_____ (A)	_____ (A)
Note							
Afternoon Skill							
Intensity Before/ After	_____ (B)	_____ (B)	_____ (B)	_____ (B)	_____ (B)	_____ (B)	_____ (B)
	_____ (A)	_____ (A)	_____ (A)	_____ (A)	_____ (A)	_____ (A)	_____ (A)
Note							
Evening Skill							
Intensity Before/ After	_____ (B)	_____ (B)	_____ (B)	_____ (B)	_____ (B)	_____ (B)	_____ (B)
	_____ (A)	_____ (A)	_____ (A)	_____ (A)	_____ (A)	_____ (A)	_____ (A)
Note							