



Proactive and Reactive Coping Skills

Sometimes coping skills are thought of only for emergency care such as panic attacks. There are actually two types of coping skills **(1) proactive and (2) reactive**.

Reactive	This type of skill 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	This type of skill are skills we use every day whether we feel like we need them or not. Proactive skills allow our body to continually return to base level as joys and stressors can feel like a roller coaster of the day. This type of skill bring short and long-term 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 skill connects with us better in the morning versus bedtime or better when angry versus sad. This helps us to connect with what works best for us and when. It's recommended to 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. This is 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 for our bodies. For example, someone with asthma may not do well with all deep breathing coping skills.

See next page.



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