Therapy Worksheet for Teens

Name	Date
What event or trigger occurred just before 'the problem' developed?	
What is 'The Problem'?	
How do I Cope with 'the problem'? (What things make me feel better, or at least temporarily?)	
How effective are those coping strategies?	I
What are the pros?	What are the cons?
What else could I do/try to cope?	