

My Coping Skills *Master List*

www.KatieBingner.com

Below are the different skills and tools I have learned along my journey of growth and healing. I am committed to practicing my skills often, in order to best help myself through difficult times.

Coping Skill	Brief Summary & Other important info to help me use my skills effectively

Relevant Resources

List the books, movies, handouts, quotes, podcasts, etc. that motivate me to use my skills!