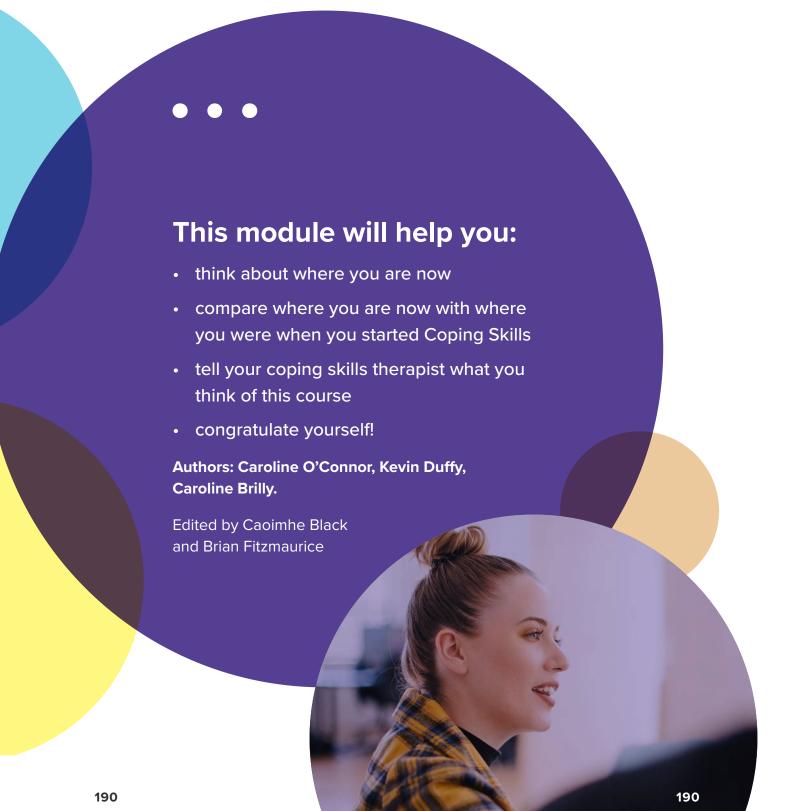
Module 14:

What I achieved through Coping Skills



Plan for today's session				
How was your week?				
What would you like to talk abou	ıt today?			
Evaluating to Summary of what we talked abo	oday's session			
What will I do during the week?				
How was today for me?				
Name:	Date:			

What I got from Coping Skills



This worksheet will help you think about what you got from this course. Answer the questions as best you can, and talk about your answers with your coping skills therapist.

What is difficult for me?					
What are my main problems?					
Why do these difficult experiences bother me?					
What have I tried so far to deal with difficult things ar	nd difficulties?				
What do I want to get from Coping Skills?					
What can my coping skills therapist help me with?					
Name:	Date:				

Compare your worksheets from the start of Coping Skills and now



At the start of this course, you filled in a worksheet titled **What I Want from Coping Skills** in Module 1. Look at that worksheet on page 14, and look at the worksheet you just filled in.

What I got from Coping Skills.

Ν	∕Ial	ke	notes	of	how	things	have c	hanged	ا for ۱	vou

How has my low mood and a	nxiety changed?	
How has my confidence in m	yself changed?	
How has my experience of v	pices or distressing beliefs changed?	
Are you more satisfied with	our coping skills? How have they changed?	
Name:	Date:	

What I have learned

What is psychosis?	
Am I the only person who has these experiences?	
Why do people have these experiences?	
What coping skills can I use to manage my experiences?	
What are my treatment options?	
What goals can I keep working on?	
Do I have a plan to help me recognise early warning signs?	
Have I said to myself, "Well done"?	
Name: Date:	

What I think about Coping Sk

Well done on completing this programme on coping skills. We would like to know what you think of it. Please fill in this form and give it to your coping skills therapist.

What did you like about Coping Skills?				
Vhat worked well for you?				
	,			
s there anything you would like to change about this programme?				

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