



# The Coping Question Activity

This question is great for getting out of crisis mode or when you're overwhelmed by the challenge.

The purpose is to change the focus from overwhelming elements of the problem to the strengths, skills, and experience you have to solve the challenge.

**Think about a time when you faced a similar situation.**

What did you do to cope? What worked in the past?

**Go deep.** Think of the details and how they may apply to your current problem. Develop a plan of action to follow up.

*Let's begin...*

# The Coping Question Activity

1. What is the challenge or obstacle that you're struggling with?
2. What did you do to cope? What worked in the past?  
What lessons did you learn?
3. What is your plan of action?