

iCope Forms:

From the book:

iCope: Stress Management for Teens and Young Adults

Stress Analysis Chart

Problem Solving Form

Relaxation Pre- and Post- Ratings

STRESS ANALYSIS CHART

STRESSFUL EVENT:

Old Way of Thinking
(Magnifying the Stressor)

IRRATIONAL SELF-TALK

1. _____

2. _____

3. _____

4. _____

5. _____

New Way of Thinking

(Filtering the Stressor)

RATIONAL SELF-TALK

1. _____

2. _____

3. _____

4. _____

5. _____

OLD STRESS REACTION:

Physiological: _____

Emotional: _____

Mental: _____

Behavioral: _____

STRESS LEVEL (1-10): _____

CONTROLLED REACTION:

Physiological: _____

Emotional: _____

Mental: _____

Behavioral: _____

STRESS LEVEL (1-10): _____

PROBLEM SOLVING WORKSHEET

1. Define the problem as specifically as you can.

2. List up to five alternatives to help cope with the problem.

- _____ a. _____
- _____ b. _____
- _____ c. _____
- _____ d. _____
- _____ e. _____

3. Go over the alternatives and rate each one with the following 4-point rating scale:

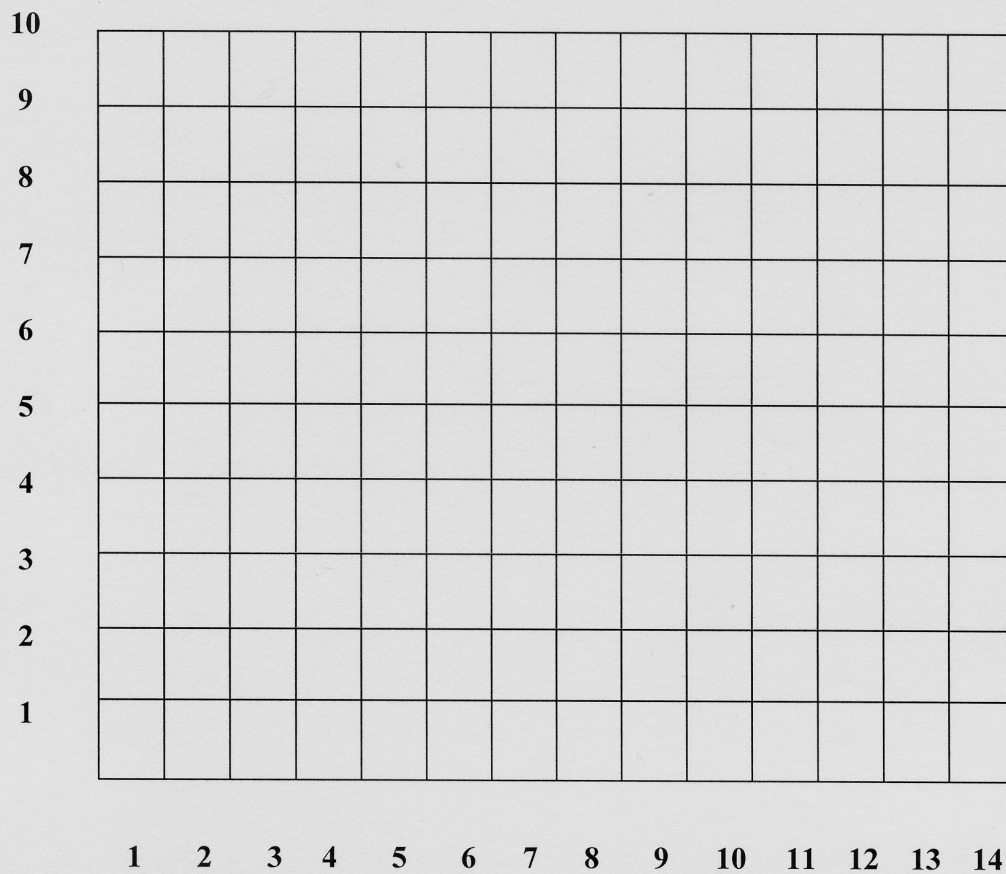
- 4 = Definite positive approach
- 3 = Very good possibility (mostly positive)
- 2 = Slight possibility (positive but with some concerns)
- 1 = Unlikely possibility (too many negatives at this time)

4. Based on your evaluation of the alternatives, write an action plan to cope with the problem.

5. Put the plan into action and evaluate the success of your plan within a specific time framework. If your action plan is not working satisfactorily, repeat the process with any new information you have (e.g., new alternatives).

Date to evaluate plan: _____

GRAPH OF STRESS RATINGS (1-10) DURING RELAXATION PRACTICE



RELAXATION PRACTICE DAYS

FOR PRE-RELAXATION RATINGS, connect ratings with a ----- line.

FOR POST-RELAXATION RATINGS, connect ratings with a _____ line.