



Self-Therapy

By Keilyn Goatley, MA, LCPC

What is going on?

How do I feel about it?

Where does this likely stem from?

Influences

Relevant present influences

Relevant past influences

What is the objective reality?

Coping skills/actions

4-7-8 breathing
Take a break
Call a friend

Use "I feel" statements
Communicate a boundary
Self-care

Final thoughts/feelings after processing & using coping skills
