

## **Coping Questions**

The following questions are good ones to ask yourself. Similar to scaling questions mentioned on the CD, the answers to these types of questions help you focus on positive solutions rather than getting bogged down in a negative frame of mind. So when faced with a problem/issue/situation, ask yourself the following questions.

What does your best friend admire most about the way you are handling the situation?

What has been helping you to keep going?

Why have you not given up hope?

The situation seems pretty overwhelming - how do you handle it?

What things do you do that help you see it through?

What do you do when the situation is at its worst/when is the situation less worrying?

## **Exception Questions**

Again when faced with a problem/issue/situation ask yourself the following questions. These are excellent for recurring problems.

When were the times that the problem did not happen?

When were the times that the problem did not last as long?

When were the times that the issue seemed less intense?

When were the times, while coping with the issue, that you feel better?

When did you resist the urge..... (to shout, have a cigarette, be nasty etc.)

When were the times that the situation did not interfere with your tasks at home/work?

When did you feel full of energy?