This worksheet is designed to help you identify patterns relate and develop healthier coping strategies. Answer the questentify some of the challenges you face in your daily life. That are some maladaptive behaviors you engage in when the strain and unhealthy coping skills you use to deal with stress or Unhealthy Coping Skills That are some that contribute to substance use. Emotional Triggers Social Triggers That are some healthier coping strategies you can adopt to	orkshe
This worksheet is designed to help you identify patterns relate and develop healthier coping strategies. Answer the question of the challenges you face in your daily life. That are some maladaptive behaviors you engage in when the strain of the challenges will be the strain of the challenges you face in your daily life. That are some maladaptive behaviors you engage in when the strain of the challenges you use to deal with stress or Unhealthy Coping Skills you use to deal with stress or Unhealthy Coping Skills The challenges you face in your daily life.	orkshe
This worksheet is designed to help you identify patterns relate and develop healthier coping strategies. Answer the questratify some of the challenges you face in your daily life. The provided the challenges you face in your daily life. The provided the challenges you face in your daily life. The provided the challenges you face in your daily life. The provided t	I to substance use tions honestly
and develop healthier coping strategies. Answer the question of the challenges you face in your daily life. That are some maladaptive behaviors you engage in when the strain and unhealthy coping skills you use to deal with stress or Unhealthy Coping Skills Unhealthy Coping Skills Comparison of the challenges you face in your daily life. Strategies. Answer the question in your daily life.	tions honestly
that are some maladaptive behaviors you engage in when the stress or unhealthy coping skills you use to deal with stress or Unhealthy Coping Skills Compared to the stress of the stress	acing difficulties?
that are some maladaptive behaviors you engage in when the stress or unhealthy coping skills you use to deal with stress or Unhealthy Coping Skills Compared to the stress of the stress	acing difficulties?
t any unhealthy coping skills you use to deal with stress or Unhealthy Coping Skills Co entify your triggers that contribute to substance use. Emotional Triggers Social Triggers	acing difficulties?
et any unhealthy coping skills you use to deal with stress or Unhealthy Coping Skills Co entify your triggers that contribute to substance use. Emotional Triggers Social Triggers	acing difficulties?
thany unhealthy coping skills you use to deal with stress or Unhealthy Coping Skills Comparison of the contribute to substance use. Emotional Triggers Social Triggers	acing difficulties?
Unhealthy Coping Skills Co entify your triggers that contribute to substance use. Emotional Triggers Social Triggers	
Unhealthy Coping Skills Co entify your triggers that contribute to substance use. Emotional Triggers Social Triggers	
Unhealthy Coping Skills Co entify your triggers that contribute to substance use. Emotional Triggers Social Triggers	
Unhealthy Coping Skills Co entify your triggers that contribute to substance use. Emotional Triggers Social Triggers	
entify your triggers that contribute to substance use. Emotional Triggers Social Triggers	
Emotional Triggers Social Triggers	nsequences
Emotional Triggers Social Triggers	
Emotional Triggers Social Triggers	
nat are some healthier coping strategies you can adopt to	Environmental Triggers
nat are some healthier coping strategies you can adopt to	
nat are some healthier coping strategies you can adopt to	
nat are some healthier coping strategies you can adopt to	
	manage these trigg
net are veur nersenal goals for evereeming substance abo	
nat are your personal goals for overcoming substance abo	2
	se?
	se?
	se?