

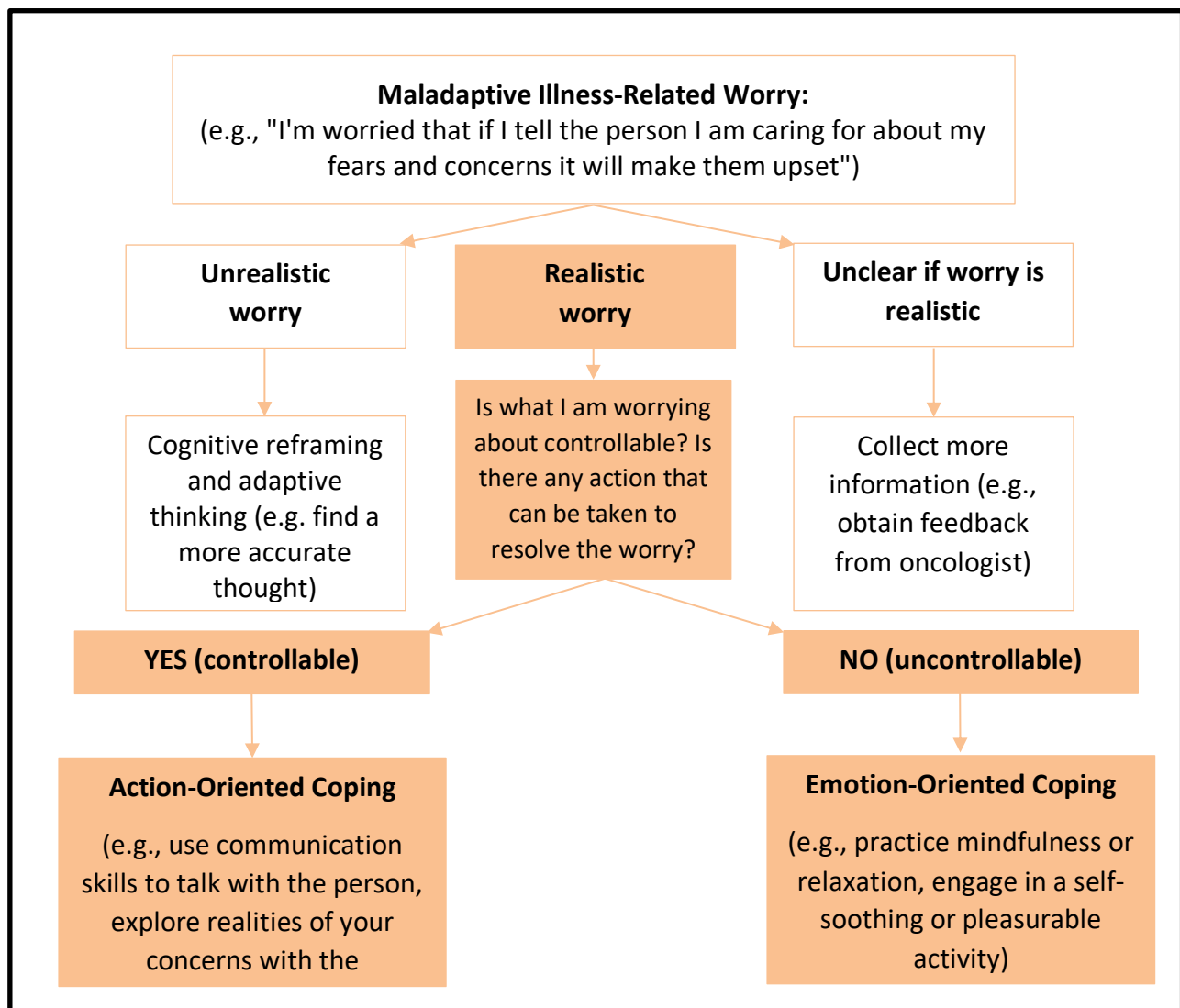
# Coping through Controllability

For aspects of a stressor that are uncontrollable, choose an **Emotion-Oriented** Coping strategy.

- Expressing emotion
- Engaging in any enjoyable or self-soothing activity
- Reducing physical stress with relaxation, deep breathing, or massage
- Cognitive reframing and adaptive thinking (session 3)

For parts of a stressor that are controllable, choose an **Action-Oriented** Coping strategy.

- Making a decision
- Resolving a conflict
- Seeking information or advice
- Setting a goal
- Engaging in problem-solving
- Requesting help



Adapted from Springer Nature *Resolving Treatment Complications Associated with Comorbid Medical Conditions* by Joseph Greer, Jessica Graham, Steven Safren 2010