



Mode Awareness Worksheet

To learn how to skillfully manage your maladaptive coping modes, you must first become aware of when they are active. The goal is to gain more control over your ability to dial it down when the mode isn't needed. This may be challenging if you have been using a specific maladaptive coping mode for a long time and you no longer notice when it is happening.

Mode Awareness

Maladaptive Coping Mode:

Triggers (situations, tasks, people):

Thoughts:

Feelings:

Body Sensations:

Mode Management

Goals:

Needs:

What I can do to meet my needs myself:

What I will do if I get overwhelmed by emotions:

What I will say to myself when I'm in this mode to soothe it:
