

Coping Matrix

	Direct/Active	Indirect/Passive
Problem-focused (75%)	Time management/pacing <ul style="list-style-type: none"> • Planning • To-Do List • Prioritizing Assertive/effective communication	Procrastination Avoidance Distraction: <ul style="list-style-type: none"> • Watch excessive TV • Sleep • Clean • Other people's problems
Emotion-focused (25%)	Relaxation/meditation/prayer Hot bath Listen to calm music Exercise Massage Vent to family and friends Journaling Psychotherapy Engage in hobbies Be with pet	Increase use of alcohol/drugs Increase gambling Increase eating Increase cigarette use Increase shopping Obsess/ruminate/rehash Isolate/withdraw/deny