

Coping Matrix

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