



#22 COPING SKILLS

We all share the pain of loss, disappointment and heartbreak. That is just part of what it is to be human.

Philosophers and poets have told us that it isn't the suffering that shapes us but what we learn about ourselves as a result of the pain that makes us who we are. In training for sports we learn that pain is weakness leaving the body.

You are now being asked to dig deeply into some pain from your life. Answer these questions honestly and trust your teammates to support you as you share some more of who you really are with the rest of us.

1. The most physical pain I've ever endured was:

2. The hardest mental pain I've suffered was about:

3. In both of these cases I was able to tell myself that:

4. Therapists tell us that we should ask ourselves "What is the worst thing that could happen in this situation?" What would you say was the worst thing that could have happened in situation # 1?

5. What is the worst thing that could have happened in # 2?

6. What have you learned about yourself, in your life, so far that will help you get through whatever comes your way?

Always remember that whatever doesn't kill you will make you stronger. (If you let it!)

Signed by Group Leader : _____

Date: _____