Coping with Persistent Experiences - Concept brief

Understand the idea behind coping with persistent experiences and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey finds a familiar activity helpful when distracting experiences increase.

The idea

Coping options should be individualized and evaluated for fit.

An ordinary example

Casey finds a familiar activity helpful when distracting experiences increase.

What this can look like

Compare an external focus task, a structured activity, and a support conversation for an ordinary difficult experience.

Check the fit

Which option helps functioning without requiring you to deny the experience? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A personal recovery goal and a symptom-management strategy serve related but different purposes; the person defines what a meaningful life includes.

Reflection

Which option helps functioning without requiring you to deny the experience?

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A09-1