Coping with Persistent Experiences - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Coping options should be individualized and evaluated for fit.

Practice task

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

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

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

4. An optional next step, support, adaptation, or reason to stop:

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-A09-2