# Coping with Persistent Experiences - Review journal

Review an attempt at coping with persistent experiences and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. What I tried, or what happened in the fictional example:

### 2. What I noticed before, during, and after; what remains uncertain:

### 3. What helped, did not help, or was outside my control:

### 4. Which option helps functioning without requiring you to deny the experience? My optional adjustment or support request:

## 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-A09-5