

# The 3 Cs for Coping

When you feel pain, stressed, or anxious, thoughts sometimes become extreme and unhelpful. These thoughts make the pain, stress, and anxiety worse.

This tool can help you 1) notice when you are having an unhelpful thought, 2) check whether the thought is accurate, and 3) correct the thought so that it is more accurate and helpful.

## 1) CATCH It

What is going through your mind right now?

**Example:** “If I am in pain, my whole day is awful.”

## 2) CHECK It

Ask yourself some of these questions to determine whether the thought is true.

- Is the thought completely true?
- What is the evidence for this thought?
- What is the evidence against this thought?
- Is there another way to look at the situation?
- What would you tell a friend who had this thought?
- How likely is this to happen?

**Example:** “If I am in pain, my whole day is awful.”

- I usually have to take a break from what I am doing and then I can come back to the activity.

## 3) CHANGE It

Now, considering all of this evidence and other ways of looking at the situation, what is a more accurate and helpful thought?

**Example:** “If I am in pain, my whole day is awful”

**Coping Thought:** “My pain usually does not last all day”