

# Reflecting on coping patterns

This is one example of how you could help a young person to reflect.

<b>Reflect understanding</b>	<i>"It sounds like things at home are tough at the moment."</i>
<b>Affirm strengths</b>	<i>"And it also sounds like you've got some great ways to deal with that."</i>
<b>Evoke curiosity</b>	<i>"I wonder if there are other ways you could deal with the situation that might help you to feel happier."</i>
<b>Ask permission to explore</b>	<i>"I've spoken with a lot of young people about this, and think that it could be helpful to explore some of what worked for them. Is that okay with you?"</i>
<b>Introduce the model</b>	<i>"One way of looking at this is to look at how people cope with a tough situation. I'm going to tell you about four common patterns of coping, and then I'll ask you to think about which one you might be using more of."</i>
<b>Reflect</b>	<i>"Which one do you think you are using the most at the moment? What is working well for you from using that pattern, and what isn't working so well?"</i>
<b>Introduce a new way</b>	<i>"You can use more than one pattern. Are there any that you think you'd like to use more often? What would be the positives and the negatives about using that pattern more?"</i>
<b>Plan</b>	<i>"What could help you practice using that pattern?"</i>