

# Student CBT Coping Skills Survey

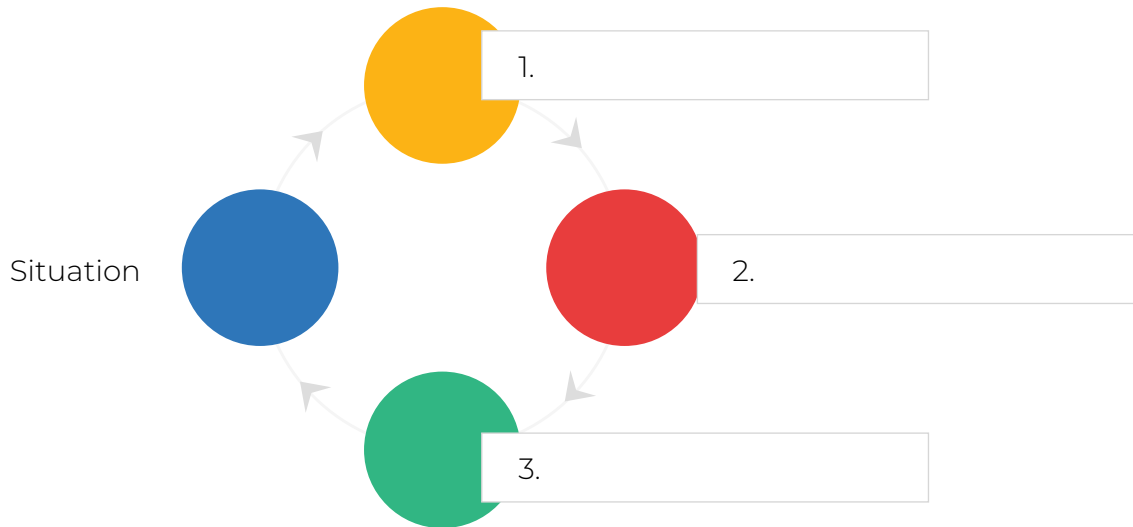
**DO NOT WRITE YOUR NAME ON THIS SURVEY**

**Birthdate:** \_\_\_\_\_

1. Have you ever heard of Cognitive Behavioral Therapy, or CBT?

- Yes    No    Not sure

2. Please fill in the 3 empty boxes in this diagram using the terms that you think fit best:



3. How often do you use each of the following skills to cope?

	I don't know what this is 0	Never 1	Rarely 2	Sometimes 3	Often 4
Mindfulness or relaxation strategies (e.g., mindful eating or meditation)					
Listening to calming or uplifting music					
Behavioral Activation (doing something active for at least 10 minutes, e.g., sports, dancing, walking, running, bicycling, etc.)					
Cognitive Coping (questioning your automatic negative thoughts (ANTS) or thinking traps)					
Exposure (overcoming avoidance by learning to face your fears)					