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PROVIDER SKILL BUILDING EXERCISE: COPING SKILL IDENTIFICATION

1. Darryl is not able to participate in many of his old activities because of his multiple sclerosis, and it is likely that this situation will continue into the future.
His problem _____
Needed skill _____
2. Darryl does not know when his MS will cause him a problem. He does not know if he will have to leave his job. This troubles him. Why?
His problem _____
Needed skill _____
3. Darryl would like to accomplish certain goals but is unable to do so. His doctor said that performing certain actions will be very difficult for him. This troubles him greatly. Why is that?
His problem _____
Needed skill _____
4. Since Jackie became sick three years ago she has spent a great deal of time seeing doctors and getting treated. She does not feel like her old self anymore. That bothers her.
Her problem _____
Needed skill _____
5. Jackie gets down on herself when she cannot do many things. She feels highly critical of herself and has little patience with her inability to meet her work responsibilities. She thinks just because she is sick she should not let others down.
Her problem _____
Needed skill _____
6. Jackie used to think of herself as competent, but since she became sick she mostly focuses on what she cannot do well. She used to feel a great deal of pride in herself but that has diminished. She knows that she is not as good of a worker as she used to be.
Her problem _____
Needed skill _____
7. Carol is stiff and rigid in the mornings until her medicine starts to work. At those times she cannot do very simple tasks, such as taking off the tie on the bread to make toast for breakfast, or open a jar. She has to wait and wait to begin her day and she becomes impatient. She often finds herself feeling agitated.
Her problem _____
Needed skill _____

8. Carol's husband decided to separate from her after she became sick. Her two teenagers become upset with her when she cannot take them places and do for them like she used to do. They become cold toward her when this occurs and will not deal with her. She has become depressed. What is making her depressed?

Her problem _____

Needed skill _____

9. Tom gets the promotion Brett wanted. Brett has been passed over for promotion or has not gotten the assignments he coveted several times since he became sick. Brett knows his boss does not trust that he will be able to meet the demands of the job or assignment. Brett knows that he can do what is necessary. But because he is not trusted, his boss will not give him a chance. What is Brett experiencing?

His problem _____

Needed skill _____

10. Brett is disillusioned with his company. He used to have the highest regard for his boss and company but no longer. He often complains about his company. He has become a very negative person since he became sick. He gripes about everything at home. What troubles him?

His problem _____

Needed skill _____

11. Latesha is very worried that her cancer is coming back but her doctor cannot say definitely if that is the case. He says that she will just have to wait and see what will happen but she finds that the suspense is very difficult for her to tolerate.

Her problem _____

Needed skill _____

12. Fred hates feeling weak all the time. He cannot stand feeling that way. He used to be a very active person but now he can barely make it through the day. He hates his disease for what it has done to him. He complains about it often and is very discontented with his life. Yet Fred knows that his condition will not go away and this realization has caused him to feel depressed.

His problem _____

Needed skill _____

13. Joel becomes angry because his pain does not seem to go away. It stays intense and severe throughout the day. He becomes depressed because of how his life has gone. He does not know what to do about his pain, because he takes too much medicine as it is.

His problem _____

Needed skill _____

14. Joel gets frustrated that his medicine cannot lower his pain. He has always been able to take charge of his life but not now. This makes him upset. What troubles him?

His problem _____

Needed skill _____

After answering the above questions, see if you agree with the answers given to you below.

1. Problem: deprivation. Needed skill: deprivation accommodation.
2. Problem: uncertainty. Needed skill: uncertainty tolerance.
3. Problem: recurring disappointment. Needed skill: disappointment tolerance and disappointment accommodation.
4. Problem: identity loss. Needed skill: identity maintenance.
5. Problem: self-rejection. Needed skill: self-boosting and self-compassion.

6. Problem: identity depletion and identity adulteration. Needed skill: acceptance and identity cohesion.
7. Problem: frustration. Needed skill: frustration tolerance and limitation accommodation.
8. Problem: rejection. Needed skill: rejection tolerance.
9. Problem: disappointment. Needed skill: disappointment accommodation
10. Problem: bitterness. Needed skill: bitterness neutralization
11. Problem: anxiety. Needed skill: anxiety accommodation
12. Problem: suffering. Needed skill: assimilation of suffering.
13. Problem: discomfort management. Needed skill: discomfort tolerance.
14. Problem: helplessness. Needed skill: helplessness tolerance.