



# Toolbox Coping Cards™

used alone or in conjunction with psychotherapy



## Individual Use:

Remove the Alien Cards, Wildcards and Ticket out of Denial Cards.

## Family and Group Use:

Remove the Encouragement Cards and the Keep or Share Cards. However to make things more interesting those cards can remain in the deck and you can create uses for them. For example, if a Keep or Share Card is picked it can be given to another member of the family or group. The person giving the card can explain why he/she feels it will help that person. The receiving person can validate their belief and choose to keep it for the remainder of the group as well as after the group if it will support healthy self-soothing. The card can be returned to the deck once it is no longer required. Or the receiving person can explain why it is not an appropriate card for him/her. These two outcomes can stimulate further discussion and communication among family and group members.

Ages: 10+  
"The Key to a Happier Life."  
Suggested Uses: Cards may be carried and used as a deck or individually. They are designed to increase awareness of emotions and promote use of healthy coping strategies.  
They can be used by the owner or shared with others who need help learning to cope.  
Emotions Addressed by Card Types:  
**A**=Anger & similar emotions.  
**F**=Fear & similar emotions.  
**D**=Disconnected & similar emotions.  
**E**=Embarrassed & similar emotions.  
**S**=Sad & similar emotions.  
**V**=Vulnerable & similar emotions.

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**Instead of using unhealthy coping strategies, select a card from this toolbox and use that strategy instead. Share a card with a friend who needs help; they'll thank you for it.**

Total Number of cards:  
36 "Emotions" Cards  
4 "Wildcard" Cards  
3 "Ticket out of Denial" Cards  
6 "Empower Me" Cards, ideal to keep or share  
3 "Encouragement" Cards  
2 "Aliens"=1 Denial + 1 Wildcard  
\*Don't Let Honesty Be An Alien Concept

Order:  
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**"Pick A Card Any Card"**  
**Shuffle cards.** Deal cards face down.  
In 1-on-1 sessions or in groups participants can pick a card. When turned over to reveal the coping strategy the holder must discuss when he/she could have chosen to use that strategy in a recent situation. Repeat as desired.

**Wildcard**  
When a Wildcard or Alien Card is picked the user must discuss and share a recent situation when he/she chose and used a healthy coping strategy, either from this deck or one developed by other methods.

**Ticket out of Denial**  
When a Denial or Alien Card is picked the holder must discuss honestly a recent situation when he/she chose not to use a healthy strategy, and why, plus the outcome.

**Alien: Must do Wildcard and Denial Card**  
**Be creative; invent your own uses!**  
**1-10 Scales**  
1=Worst I could feel-10=Best I could feel  
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