

Coping Tool Evaluation

CC	pping 1001#					
To	ool Type (circle):					
	Unplugging	Resetting	Lonely	Overwhelmed	Anger	Depressed
Mo	ark the number in the answ	ver range for e	ach questio	on.		
1.	Were the ideas in t	he coping t	ool pres	ented clearly?		
	1 Not at all!	2	3	4	5 Very much so!	
2.	Will you try the cop	ing tool af	ter the p	resentation?		
	1 Not at all!	2	3	4	5 Very much so!	
3. Was the information that was presented unique?						
	1 Not at all!	2	3	4	Very ı	5 much so!
4. Was the coping tool easy to do?						
	1 Not at all!	2	3	4	Very ı	5 much so!
5.	Does using the coping tool improve your mood/state of mind?					
	1 Not at all!	2	3	3 4	Ve	5 ry much so!