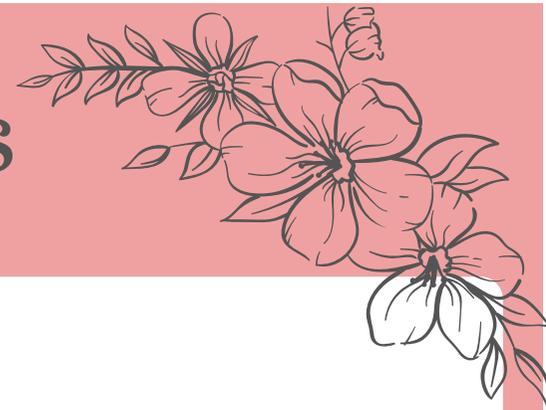


Hobbies & Coping Skills



How can investing in a hobby bring value to you or your relationship?

Are there any hobbies that you've been putting off that you want to try?

What hobbies do you already have in common with your partner?

What would it feel like if your partner invested more time in one of your favorite hobbies?

Hobbies & Coping Skills



What does it look like to invest time in a hobby that your partner enjoys? What is one hobby you can start with?

What is the importance of consistent coping skills for you? How do they make you feel?

What are a few positive coping skills you see your partner use?

Brainstorm (or reference the list below) hobbies and coping skills you'd like to try individually and with your partner.



H

Healthy Skills

E

Leads to helping you feel better, does not bring physical or emotional harm to yourself or others.

A

L

T

Do not lead to negative consequences.

H

Y

Examples: exercise, affirmations, and deep breathing



U

N

Unhealthy Skills

H

May help you feel better in the moment, but typically leads to consequences and can be harmful to yourself and others. Patterns of unhealthy coping can lead to strained relationships.

E

A

L

T

H

Y

Examples: threats, avoidance, and excessive drinking



H

- Ceramics class

O

- Painting

- Walks or hikes

B

- Day trips

- Cooking classes

B

- Puzzles

- Games

I

- Reading

- Brewery visits

E

- Volunteering

- Gardening

S

- Sports



C

- Meditation

- Music

O

- Scented candles

- Journal

P

- Bath/Shower

- Cry

I

- Sleep

- Get outside

N

- Bike

- Sit on the beach

G

- Massage

- Yoga