

COPING WITH INJURY

WORKSHEET 1

Step 1

EMOTIONAL AWARENESS

- 1) From the list below, **circle** all the emotions you are experiencing or have experienced in relation to your injury.

Anger	Defeat	Determination
Relief	Confusion	Frustration
Motivation	Sadness	Guilt
Fear	Nervousness	Indifference
Isolation	Commitment	Panic
Anxiety	Acceptance	Inspired
Depression	Shame	Envy
Hope	Grief	Helpless

- 2) Now **star** the top 2 emotions you feel best represent your current state.
3) Are there other emotions you are experiencing that are not on the list?

Step 2

IDENTIFY YOUR NEEDS

- 1) Based on your reflection above, put an (*) beside the types of support you need (emotional, informational and/or tangible) to help you cope with and/or overcome your injury.
2) Circle your needs under each type of support or add in your own.

EMOTIONAL

Support from friends, family, coaches, teammates, licensed mental health therapists and/or other significant figures in your life to help you cope with your negative emotions.

MY NEEDS

Active listening, empathy, love, compassion, reassurance, other.

INFORMATIONAL

Support from doctors, athletic trainers and/or other professionals who can help you understand your injury and help you through the recovery process.

MY NEEDS

Knowledge, clarification, rehabilitation exercises, progress reports, other.

TANGIBLE

Practical support from friends, teammates, family and/or others with daily tasks

MY NEEDS

Transportation (e.g. ride to medical appointments), personal care (e.g. getting dressed), finances (e.g. cost of treatment), accommodations at school (e.g. equipment/buddy system), other.



Step 3

BUILD YOUR *SUPPORT* SYSTEM

For each type of support, list the name of 2-3 people you will ask for support in this area and identify exactly how you would like their support.

Type of support: Emotional

- 1) _____
- 2) _____
- 3) _____

Type of support: Informational

- 1) _____
- 2) _____
- 3) _____

Type of support: Tangible

- 1) _____
- 2) _____
- 3) _____

Step 4

TIPS ON HOW TO RAISE YOUR NEEDS WITH *YOUR SUPPORT SYSTEM*

- 1) Let them know that you have spent some time reflecting and that you would like to share your thoughts with them.
- 2) Let them know exactly what you are looking for from them and how their support will help you navigate this tough time.
- 3) Ask them if they are able and willing to play this role.
- 4) Invite them to give you feedback.
- 5) Ask them if you can set up regular check-ins.