



The C-O-P-E Strategy

1



C

Cleansing
breath

*Close your eyes and
breath deeply*

2



O

Observe the
environment

*Scan your
environment, as long
as it is safe*

3



P

Positive self-
talk

*"I am safe. I am
breathing."*

4



E

Explanation

*"This is a trigger. This
will pass."*