

Negative Coping

Positive Coping

Choosing unhealthy partners..... Choose healthy partners
Acting out sexually Be sexual when appropriate
Using sex/love addictively Practice deeper intimacy
Go along to get alongSet boundaries or say no
Using substances to cope Learn positive coping skills
Using substances when bored..... Practice meditation
Using substances for excitement Get exciting hobbies
Self-sabotaging behavior..... Learn to be worthy of success
Self-sabotaging behavior..... Learn to handle responsibility
Self-harm Exercise
Restrictive eating Nourish yourself
Fantasizing about suicideUse support system
WithdrawingLearn assertive communication
Stonewalling.....Practice assertively sharing feelings
Pushing others away Practice vulnerability
Avoiding when uncomfortable.....Practice being uncomfortable
Isolating from others Stay engaged with others
Isolation..... Take time outs only for self-care
Verbally attacking others.....Practice respecting boundaries
Aggressiveness..... Assertiveness
Chronic defensiveness..... Practice listening & validating
Emotional overeatingUse positive emotional release
Denying/repressing emotionsPractice feeling feelings
PerfectionismAccept imperfections
Over-functioning for others Stay out of their hula hoop
Controlling behaviorsAsk if others need your help
Codependency Develop self-worth & boundaries
Failing to say no.....Practice setting boundaries
Oversleeping Face issues head on with support
Impulsive spending..... Plan to give yourself treats
Competing/comparing self to others..... Increase self-esteem
Gambling to escape Practice positive relaxation