

glossary OF TERMS

COPING MECHANISMS

STRATEGIES WE HAVE DEVELOPED CONSCIOUSLY AND/OR UNCONSCIOUSLY TO DEAL WITH NEGATIVE EXPERIENCES/FEELINGS.

EXAMPLES: HUMOR, THERAPY, PROBLEM-SOLVING, PHYSICAL REACTIONS, DENIAL, SELF-BLAME, VENTING.

ADAPTIVE COPING MECHANISMS

THE ABILITY TO CHOOSE AND USE THE CORRECT COPING MECHANISM FOR BEST LONG TERM RESULTS.

EXAMPLE: THERAPY, SEEKING SUPPORT, ADJUSTING SLEEPING HABITS TO BE HEALTHIER.

MALADAPTIVE COPING

REPEATEDLY CHOOSING INCORRECTLY OR REPEATED USE OF THE SAME COPING MECHANISM THAT BLOCKS LONG TERM SUCCESS.

EXAMPLE: ADDICTION, OVER OR UNDER SLEEPING, SELF-HARM



IT'S IMPORTANT TO REMEMBER THAT ADAPTIVE COPING IS ABOUT BEING ABLE TO GROW AND CHANGE, NOT FINDING THE THING THAT'S GOING TO ALWAYS WORK PERFECTLY. THE MAJOR DIFFERENCE BETWEEN ADAPTIVE AND MALADAPTIVE IS HOW AND WHEN YOU USE YOUR COPING MECHANISMS.

thought PROMPTS

IS MY COPING MECHANISM HELPING ME PROCESS MY EMOTIONS TO DEAL WITH THIS PROBLEM?

OR, AM I USING IT TO AVOID DEALING WITH THE EMOTIONS AND PROBLEM?

WHICH PROBLEMS OR EMOTIONS DO I FIND MYSELF STRUGGLING WITH MOST?

WHERE COULD I GET SOME IDEAS ON NEW COPING MECHANISMS/SKILLS?

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