



Bear Clan, LLC

Empowering Balanced and Transformative Lives

Negative Coping Actions	
<i>Diversions</i> <ul style="list-style-type: none"> ✦ Procrastination – putting off important tasks ✦ Misusing drugs or alcohol as self-medicating ✦ Wasting time on unimportant tasks 	<i>Tension Releasers</i> <ul style="list-style-type: none"> ✦ Tantrums ✦ Throwing things at people ✦ Hitting people ✦ Yelling at others ✦ Destroying property ✦ Speeding or driving recklessly
<i>Social or Interpersonal Strategies</i> <ul style="list-style-type: none"> ✦ Blaming others ✦ Isolating or withdrawing ✦ Mean or hostile joking ✦ Putting down others behind their back ✦ Criticizing others to their face ✦ Manipulating others ✦ Refusing help from others ✦ Lying to other people ✦ Sabotaging other people's plans ✦ Being late to appointments ✦ Provoking violence from others ✦ Enabling others to take advantage of you 	<i>Physical</i> <ul style="list-style-type: none"> ✦ Suicidal Gestures ✦ Self-harm ✦ Excessive exercise ✦ Developing illnesses ✦ Abusing drugs or alcohol
	<i>Over-Indulging</i> <ul style="list-style-type: none"> ✦ Spending too much ✦ Gambling ✦ Eating too much ✦ Continually crying
<i>Cognitive Strategies</i> <ul style="list-style-type: none"> ✦ Denying any problem ✦ Stubbornness or inflexibility ✦ All or nothing, black or white, thinking ✦ Blaming yourself and others ✦ Catastrophizing ✦ Unproductive Repetitive Thoughts ✦ Hiding or Burying Your Feelings ✦ Withdrawing or Isolating ✦ Name-Calling 	<i>Self-Diminishing</i> <ul style="list-style-type: none"> ✦ Making excessive fun of yourself ✦ Self-sabotaging behaviors ✦ Blaming yourself ✦ Thoughts and behaviors that suggest that you deserve to feel bad or overwhelmed