

NEGATIVE COPING SKILLS **VS** POSITIVE COPING SKILLS

- Isolate
- Abuse substances
- Overeat, shop, or other escape activities
- Mistreat others
- Smoke
- Talk negatively to yourself
- Deny the event happened
- Disassociate yourself from the event
- Act aggressively or violently toward others
- Work excessively

- Spend quiet time with God
- Exercise by going for a walk, jog, etc.
- Journal thoughts and experiences
- Self-soothe and implement relaxation techniques
- Listen to music
- Seek professional advice
- Talk to a trusted friend
- Set boundaries
- Join a support group
- Write down 10 things you are thankful for