

# IDENTIFY YOUR COPING MECHANISMS

Before beginning this exercise, take a few moments to highlight all the ways you cope with anxiety.

## HEALTHY MECHANISMS:

- Working out
- Journaling
- Listening to music
- Placing safeguards + boundaries
- Utilizing a creative outlet
- Taking a bath
- Meditation
- Mindfulness + mental exercises
- Cognitive Behavioral Therapy
- Medications
- Eating healthy foods
- Reading self help books
- Getting outdoors and moving

## UNHEALTHY MECHANISMS:

- Overeating/undereating
- Withdrawing
- Self harm
- Oversleeping
- Punishing with negative thoughts
- Isolation
- Drinking alcohol
- Drugs
- Blaming others or yourself
- Self destructive behaviors





The next time you catch yourself engaging in a negative coping mechanism document the time and trigger point below:

Time of day in which you engaged in the coping mechanism:

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What caused the behavior? Was it a conversation, thought, emotion? Elaborate.

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Collect these pieces of information for a week and then reflect. Ask yourself how you can transfer the behavior into one of the positive techniques listed on page 1.

