NEGATIVE COPERS

ALCOHOL: Drink to change your mood. Use alcohol as your friend.
DENIAL: Pretend nothing's wrong. Lie. Ignore the problem.
EATING: Keep binging. Go on a diet. Use food to console you.
ILLNESS: Develop headaches/nervous stomach/major illness. Become accident prone.
PASSIVITY: Hope it gets better. Procrastinate. Wait for a lucky break.
REVENGE: Get even. Be sarcastic. Talk mean.
STUBBORNNESS: Be rigid. Demand your way. Refuse to be wrong.
TOBACCO: Smoke to relieve tension. Smoke to be "in".
WITHDRAWAL: Avoid the situation. Skip school or work. Keep your feelings to yourself.
WORRYING: Fret over things. Imagine the worst.
POSITIVE COPERS

DIVERSIONS

GETAWAYS: Spend time alone. See a movie. Daydream.


LEARNING: Take a class. Read. Join a club.

MUSIC: Play an instrument. Sing. Listen to the stereo.

PLAY: Play a game. Go out with friends.

WORK: Tackle a new project. Keep busy. Volunteer

FAMILY

BALANCING: Balance time at work and home. Accept the good with the bad.

CONFLICT RESOLUTION: Look for win/win solutions. Forgive readily.

ESTEEM-BUILDING: Build good family feelings. Focus on personal strengths.

FLEXIBILITY: Take on new family roles. Stay open to change.

NETWORKING: Develop friendships with other families. Make use of community resources.

TOGETHERNESS: Take time to be together. Build family traditions. Express affection.

INTERPERSONAL

ASSERTIVENESS: State your needs and wants. Say "no" respectfully.

CONTACT: Make new friends. Touch. Really listen to others.

EXPRESSION: Show feelings. Share feelings.

LIMITS: Accept others' boundaries. Drop some involvements.

LINKING: Share problems with others. Ask for support from family/friends.

MENTAL

IMAGINATION: Look for the humor. Anticipate the future.

LIFE PLANNING: Set clear goals. Plan for the future.

ORGANIZING: Take charge. Make order. Don't let things pile up.

PROBLEM-SOLVING: Solve it yourself. Seek outside help. Tackle problems head-on.

RELABELING: Change perspectives. Look for good in a bad situation.

TIME MANAGEMENT: Focus on top priorities. Work smarter, not harder.

PHYSICAL

BIOFEEDBACK: Listen to your body. Know your physical limitations.


NOURISHMENT: Eat for health. Limit use of alcohol.

RELAXATION: Tense and relax each muscle. Take a warm bath. Breathe deeply.
SELF-CARE: Energize your work and play. Strive for self-improvement.

STRETCHING: Take short stretch breaks throughout your day.

SPIRITUAL

COMMITMENT: Take up a worthy cause. Say "yes". Invest yourself meaningfully.

FAITH: Find purpose and meaning. Trust God.


SURRENDER: Let go of problems. Learn to live with the situation.

VALUING: Set priorities. Be consistent. Spend time and energy wisely.

WORSHIP: Share beliefs with others. Put faith into action.