

# Coping Errors



CATEGORY	Coping Error	Definition	Example
<b>AVOIDANCE</b>	<ul style="list-style-type: none"> <li>• Procrastination</li> <li>• Dodging the issue</li> <li>• All-or-nothing actions</li> <li>• Running away</li> </ul>	<ul style="list-style-type: none"> <li>• Putting off things that need attention.</li> <li>• Avoiding stressful people, thoughts or situations.</li> <li>• Doing nothing because you cannot do everything.</li> <li>• Escaping from an unpleasant situation or person.</li> </ul>	
<b>SELF-DEFEATING ACTIONS</b>	<ul style="list-style-type: none"> <li>• Mis-eating and overeating</li> <li>• Alcohol use and abuse</li> <li>• Mall therapy</li> <li>• Self-injury</li> </ul>	<ul style="list-style-type: none"> <li>• Eating to excess or not eating in a balanced way.</li> <li>• Relying on alcohol to sleep or change your mood.</li> <li>• Shopping to make yourself feel better.</li> <li>• Performing any act of intentional self-injury.</li> </ul>	
<b>IMPULSIVITY</b>	<ul style="list-style-type: none"> <li>• Emotional acts</li> <li>• Hasty changes</li> </ul>	<ul style="list-style-type: none"> <li>• Taking action before thinking things through.</li> <li>• Making sudden changes in work or relationships to try to make things better.</li> </ul>	
<b>GOING IN CIRCLES</b>	<ul style="list-style-type: none"> <li>• Ruminating</li> <li>• Crying jags</li> <li>• Rehashing the story</li> </ul>	<ul style="list-style-type: none"> <li>• Obsessing or worrying excessively.</li> <li>• Crying frequently or for long periods.</li> <li>• Continuing to feel upset as you recall an unhappy event over and over.</li> </ul>	
<b>GIVING UP</b>	<ul style="list-style-type: none"> <li>• Too quick to quit</li> <li>• Running out of steam</li> </ul>	<ul style="list-style-type: none"> <li>• Giving up if the first attempt fails.</li> <li>• Not sustaining effort long enough to achieve a goal.</li> </ul>	