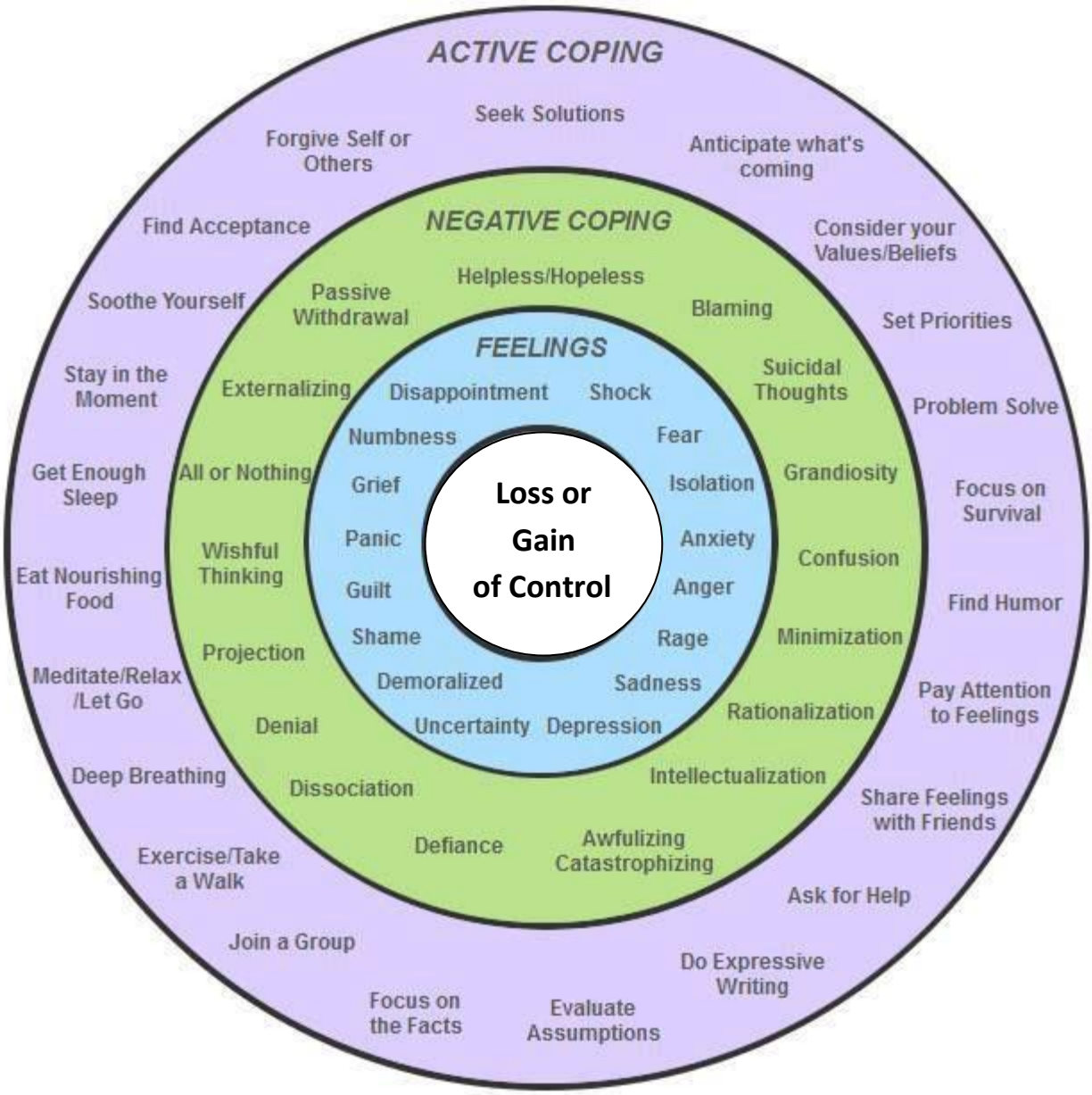
ACTIVE COPING
Seek Solutions
Forgive Self or Others
Anticipate what's coming
Find Acceptance
Consider your Values/Beliefs
Soothe Yourself
Set Priorities
Stay in the Moment
Problem Solve
Get Enough Sleep
Focus on Survival
Eat Nourishing Food
Find Humor
Meditate/Relax /Let Go
Pay Attention to Feelings
Deep Breathing
Share Feelings with Friends
Exercise/Take a Walk
Ask for Help
Join a Group
Do Expressive Writing
Focus on the Facts
Evaluate Assumptions
NEGATIVE COPING
Helpless/Hopeless
Passive Withdrawal
Blaming
Externalizing
Suicidal Thoughts
All or Nothing
Grandiosity
Wishful Thinking
Confusion
Projection
Minimization
Denial
Rationalization
Dissociation
Intellectualization
Defiance
Awfulizing Catastrophizing
FEELINGS
Disappointment
Shock
Numbness
Fear
Grief
Isolation
Panic
Anxiety
Guilt
Anger
Shame
Rage
Demoralized
Sadness
Uncertainty
Depression
Loss or Gain of Control