



Exercise 3: Recognize and break through coping

Coping behavior refers to the way you (subconsciously) deal with stress, difficult situations, emotions or challenges in life. It includes the conscious and unconscious strategies you use to reduce emotional stress, handle problems or adapt to changing circumstances.

Effective coping behaviors help increase resilience and reduce stress, while ineffective coping strategies can actually lead to increased stress or long-term problems.

Examine whether the list of coping behaviors below includes examples you recognize in yourself.

Write the empowering beliefs in your Journal or on a list for your refrigerator!

Coping Behavior	Possible Cause/Fear Belief	Empowering Belief
People-pleasing	Fear of rejection or conflict	I set boundaries and develop self-worth.
Perfectionism	Fear of failure or loss of control	I accept mistakes and set realistic goals.
Avoidance	Fear of confrontation or painful emotions	I take small steps and face situations.
Overanalyzing	Fear of making the wrong choices	I trust my intuition and make decisions.
Procrastination	Fear of failure or feeling overwhelmed	I break tasks down and reward myself upon completion.
Controlling	Fear of uncertainty or loss	I let go and accept what I cannot control.

Isolating	Fear of rejection or not being understood	I seek social connections and open myself up.
Cynicism	Disappointment or distrust	I recognize and appreciate positive experiences.
Overworking	Fear of inadequacy or irrelevance	I create balance and make time for rest.
Avoiding emotions	Fear of vulnerability or pain	I acknowledge my emotions and express them healthily.
Blaming others	Avoiding responsibility	I reflect on myself and take responsibility.
Self-criticism	Low self-esteem or perfectionism	I develop self-compassion.
Excessive worrying	Need for control or fear of the future	I live in the present and trust the process.
Overcompensating	Feeling inadequate or insecure	I value myself beyond my achievements.
Avoiding conflict	Fear of rejection or others' anger	I am assertive and express my opinions.
Emotional eating	Seeking comfort from stress or boredom	I use healthy strategies to cope with stress.
Excessive consumption	Need for control or filling an emotional void	I recognize my needs and fulfill them in healthy ways.
Using sarcasm	Creating emotional distance or avoiding vulnerability	I communicate honestly and openly.
Escaping into fantasy	Avoiding reality due to stress or dissatisfaction	I set realistic goals and accept reality.
Overusing social media	Escaping stress or emptiness	I use social media mindfully and in moderation.
Rescuing others	Ignoring own needs to feel valued	I care for myself and set healthy boundaries.
Minimizing problems	Fear of feeling or acknowledging emotions	I acknowledge my problems and address them.
Displaying aggression	Powerlessness or frustration	I manage my emotions and communicate effectively.

Black-and-white thinking	Fear of ambiguity or uncertainty	I recognize nuances and develop flexibility.
Self-neglect	Feelings of unworthiness or guilt	I prioritize self-care and self-compassion.
Seeking attention	Need for validation or fear of rejection	I build self-confidence from within.
Suppressing everything	Fear of vulnerability or losing control	I practice expressing my emotions.
Rationalizing feelings	Fear of emotional pain	I develop emotional intelligence and accept my feelings.
Escaping into work	Avoiding personal issues	I create balance and address personal matters.
Criticizing others	Projecting one's own insecurity	I reflect on myself and develop empathy.
Over-caring for others	Ignoring own needs to be loved	I acknowledge my needs and care for myself.
Developing physical complaints	Suppressed stress or emotions	I listen to my body and manage stress.
Compulsive behavior	Avoiding uncomfortable feelings	I explore the root cause and develop healthy habits.
Using humor to mask feelings	Hiding vulnerability or avoiding pain	I communicate openly and authentically.
Excessive focus on appearance	Need for approval or fear of rejection	I accept myself and value my inner qualities.
Not setting boundaries	Fear of conflict or rejection	I am assertive and communicate my boundaries.
Over-planning	Fear of chaos or uncertainty	I develop flexibility and embrace spontaneity.
Excessive worrying	Fear of the future or losing control	I live in the present and think solution-oriented.
Escaping through alcohol, shopping, power, or drugs	Avoiding emotional pain or stress	I seek healthy coping strategies and professional help.
Performance pressure	Fear of not being good enough	I value myself beyond my accomplishments.
People-pleasing	Need for acceptance or approval	I prioritize my own needs and say no when needed.