

Name: _____

Date: _____

NEGATIVE COPING SKILLS

W C M D E N Y I N G P R O B L E M S U X B O S M
G O Y K D P K Y M E U Z V N R L Q E X A I C W Z
S J B T P M R A H F L E S M T W C E M B H Q R M
Z C P L O Z N A P W C F V L B M K G K U Q O G Y
I N S T I G A T I N G K P W O G S N R S S M N I
S V S W F P P Q H J M C R I T I C I Z I N G I R
M B S V L C G O Q A M R W H C Q L Y U N I P Z P
U Q E H A O M C C T W P V W U B N L B G Y X I W
R O N P Y W Z Y Q G G T F E G S C H F D E I L T
T G R S G N I H T G N I W O R H T L S R Y T A U
N X O G P V Z Q H C D P G T A T O J P U T U R V
A G B N V M R M G N I T A L O S I O Q G P B E H
T R B I M I T G Q T C B T P V A B D I S I I N I
W O U K X P C M A N I P U L A T I N G A N G E T
I C T O E C M X T P J Z N D M J W R J N S G G T
I B S V W M G G I N D X J O S Y B X D D U C R I
G C G O S S I P I N G N O U U Z O Z L A L M E N
N F O R E I I O B G X L O H I S O B R L T N V G
I R H P O A U B A A W G Z O C O U U N C I K O P
M C R L Z I L J V N B O J C U J T D H O N F L E
A B E W Q K Q H T H R O N T D E J X S H G Y A O
L N G A E O V F D W W C H S E T L B R O K C H P
B A Y E L L I N G A T O T H E R S M K L Y M P L
S O Y T R E P O R P G N I Y O R T S E D N V Y E

ABUSING DRUGS AND ALCOHOL
DENYING PROBLEMS
HITTING PEOPLE
MANIPULATING
INSULTING
SELF HARM
SUICIDE

DESTROYING PROPERTY
OVERGENERALIZING
CRITICIZING
STUBBORNNESS
ISOLATING
TANTRUMS
LYING

YELLING AT OTHERS
THROWING THINGS
INSTIGATING
GOSSIPING
PROVOKING
BLAMING