

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
STUBBORNESS
ISOLATING
TANTRUMS
LYING

YELLING AT OTHERS
THROWING THINGS
INSTIGATING
GOSSIPING
PROVOKING
BLAMING