

Being anxious and worrying



Isolating



Struggling with feelings



Blaming others



Getting aggressive



Taking it out on others



Running away



Using the silent treatment



Being lonely



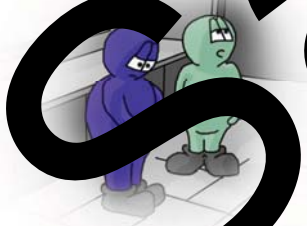
Using alcohol & drugs



Withholding love



Using a guilt trip



Driving dangerously



Using self-harm



Giving up



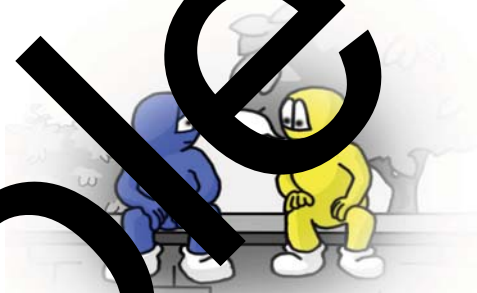
Exercising



Talking about problems before they get worse



Talking to others



Drawing or writing



Using empathy



Having hobbies



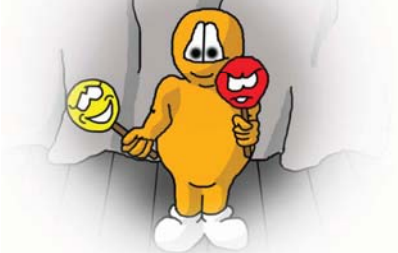
Supporting someone important to you



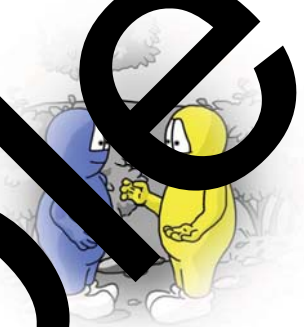
Writing a gratitude list



Expressing your feelings appropriately



Listening to others



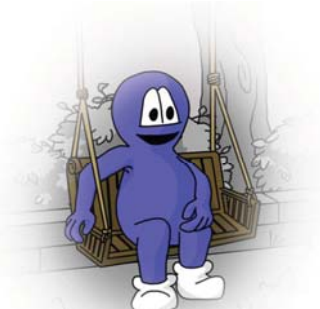
Focusing on rewarding tasks



Listening to music



Valuing being alone



Writing a 'forgiveness' letter



Keeping a journal



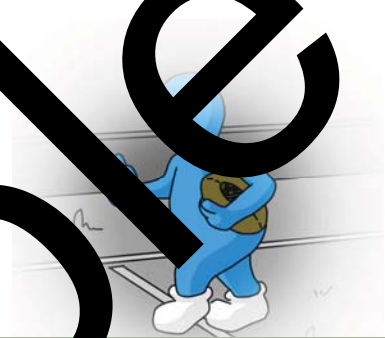
Focusing on your breathing to relax



Taking time out (as opposed to running away)



Playing sport



Playing with your children



Sample