



Mindset Challenge:

Active and Avoidant Coping

EXPLORE

Circle the activities you engage in to cope. Write in your own if not listed.

Active	Avoidant
<ul style="list-style-type: none"><input type="checkbox"/> Talk about what is going on<input type="checkbox"/> Relax with a massage or rest<input type="checkbox"/> Eat a healthy meal<input type="checkbox"/> Listen to music<input type="checkbox"/> Go outside for a walk in nature<input type="checkbox"/> Being assertive with someone<input type="checkbox"/> Share feelings and be vulnerable<input type="checkbox"/> Do physical activity or work out<input type="checkbox"/> Meditate or pray<input type="checkbox"/> Take slow, relaxing, deep breaths<input type="checkbox"/> Create: journal, draw, or paint<input type="checkbox"/> Ask for help from family or friends<input type="checkbox"/> Vent or debrief feelings<input type="checkbox"/> Go to a support group<input type="checkbox"/> See a counselor<input type="checkbox"/> Collect more information<input type="checkbox"/> Brainstorm for solutions<input type="checkbox"/> Investigate future options<input type="checkbox"/> Set goals or let old ones go<input type="checkbox"/> Reflect and focus on your strengths<input type="checkbox"/> Learn a new skill<input type="checkbox"/> Help someone else or volunteer<input type="checkbox"/>	<ul style="list-style-type: none"><input type="checkbox"/> Sleeping<input type="checkbox"/> Isolating<input type="checkbox"/> Using screens: TV, phone, internet<input type="checkbox"/> Taking a time out<input type="checkbox"/> Leaving an argument<input type="checkbox"/> Denying or repressing feelings<input type="checkbox"/> Procrastinating<input type="checkbox"/> Playing video games or escaping into fantasy<input type="checkbox"/> Eating to escape feelings<input type="checkbox"/> Trying to avoid negative feelings with alcohol or drugs<input type="checkbox"/> Punishing or withholding from oneself<input type="checkbox"/> Shopping or buying to distract oneself<input type="checkbox"/> Shutting down physically or emotionally<input type="checkbox"/> Distracting with tasks or work<input type="checkbox"/> Being passive<input type="checkbox"/> Ruminating in anger or resentment<input type="checkbox"/> Refusing to ask for help<input type="checkbox"/> Denying a problem exists<input type="checkbox"/> Trying to change how you feel by using substances, shopping, or working<input type="checkbox"/>

DISCUSS

What are the pros and cons of active coping? What are the pros and cons of avoidant coping? Do you have more active or more avoidant coping circled?

CHALLENGE

Do you have a negative mindset about avoidant coping? Although true that your active coping skills may suffer if too much avoidance coping occurs, especially if negative or even destructive methods are used. Some avoidant coping can be positive. Rethink your mindset regarding how you view active vs. avoidant coping. Decide what percentage of active and avoidant coping are right for you.