

Coping Behaviors

Blame Others

Anger

Minimize

Sarcastic

Arrogant

Retaliatory

Threatening

Impatient

Shame Self

Withdraw to Punish

Inconsolable

Self-Critical

Depressed/Unhappy

Catastrophizes

Needy

Perfectionism

Defensive

Isolate

Judge

Controlling

Hide Information

Intellectualize

Hold a Grudge

Disconnect

Addicted

Withdraw to Escape

Impulsive

Anxious

Impulsive

Aggressive