

THE COST OF SELF-DESTRUCTIVE COPING STRATEGIES

Self-Destructive Coping Strategy	Possible Costs
1. You spend a great deal of time thinking about past pain, mistakes, and problems.	Miss good things that might be happening now and then regret missing those things too; depression about the past Other:
2. You get anxious worrying about possible future pain, mistakes, and problems.	Miss good things that might be happening now; anxiety about the future Other:
3. You isolate yourself to avoid possible pain.	Spend more time alone and, as a result, feel even more depressed Other:
4. You use alcohol and drugs to numb yourself.	Addiction; loss of money; work problems; legal problems; relationship problems; health consequences Other:
5. You take your painful feelings out on others.	Loss of friendships, romantic relationships, and family members; other people avoid you; loneliness; feel bad about hurting other people; legal consequences of your actions Other:
6. You engage in dangerous behaviors, like cutting, burning, scratching, pulling out hair, and self-mutilation.	Possible death; infection; scarring; disfigurement; shame; physical pain Other:

<p>7. You engage in unsafe sexual activity, like unprotected sex or frequent sex with strangers.</p>	<p>Sexually transmitted diseases, some life threatening; pregnancy; shame; embarrassment Other:</p>
<p>8. You avoid dealing with the causes of your problems.</p>	<p>Put up with destructive relationships; get burned out doing things for other people; don't get any of your own needs met; depression Other:</p>
<p>9. You eat too much, restrict what you eat, or throw up what you eat.</p>	<p>Weight gain; anorexia; bulimia; health consequences; medical treatment; embarrassment; shame; depression Other:</p>
<p>10. You have attempted suicide or engaged in other nearly fatal activities.</p>	<p>Possible death; hospitalization; embarrassment; shame; depression; long-term medical complications Other:</p>
<p>11. You avoid pleasant activities, like social events and exercise.</p>	<p>Lack of enjoyment; lack of exercise; depression; shame; isolation Other:</p>
<p>12. You surrender to your pain and live an unfulfilling life.</p>	<p>Lots of pain and distress; regrets about your life; depression Other:</p>
<p>13.</p>	
<p>14.</p>	

THE BIG LIST OF PLEASURABLE ACTIVITIES

Check (✓) the ones you're willing to do, and then add any activities that you can think of:

- | | |
|--|---|
| <input type="checkbox"/> Talk to a friend on the telephone. | <input type="checkbox"/> Go play something you can do by yourself if no one else is around, like basketball, bowling, handball, miniature golf, billiards, or hitting a tennis ball against the wall. |
| <input type="checkbox"/> Go out and visit a friend. | <input type="checkbox"/> Get out of your house, even if you just sit outside. |
| <input type="checkbox"/> Invite a friend to come to your home. | <input type="checkbox"/> Go for a drive in your car or go for a ride on public transportation. |
| <input type="checkbox"/> Text-message or email your friends. | <input type="checkbox"/> Plan a trip to a place you've never been before. |
| <input type="checkbox"/> Organize a party. | <input type="checkbox"/> Sleep or take a nap. |
| <input type="checkbox"/> Exercise. | <input type="checkbox"/> Eat chocolate (it's good for you!) or eat something else you really like. |
| <input type="checkbox"/> Lift weights. | <input type="checkbox"/> Eat your favorite ice cream. |
| <input type="checkbox"/> Do yoga, tai chi, or Pilates, or take classes to learn. | <input type="checkbox"/> Cook your favorite dish or meal. |
| <input type="checkbox"/> Stretch your muscles. | <input type="checkbox"/> Cook a recipe that you've never tried before. |
| <input type="checkbox"/> Go for a long walk in a park or someplace else that's peaceful. | <input type="checkbox"/> Take a cooking class. |
| <input type="checkbox"/> Go outside and watch the clouds. | <input type="checkbox"/> Go out for something to eat. |
| <input type="checkbox"/> Go jog. | <input type="checkbox"/> Go outside and play with your pet. |
| <input type="checkbox"/> Ride your bike. | <input type="checkbox"/> Go borrow a friend's dog and take it to the park. |
| <input type="checkbox"/> Go for a swim. | <input type="checkbox"/> Give your pet a bath. |
| <input type="checkbox"/> Go hiking. | <input type="checkbox"/> Go outside and watch the birds and other animals. |
| <input type="checkbox"/> Do something exciting, like surfing, rock climbing, skiing, skydiving, motorcycle riding, or kayaking, or go learn how to do one of these things. | <input type="checkbox"/> Find something funny to do, like watching a funny video on YouTube. |
| <input type="checkbox"/> Go to your local playground and join a game being played or watch a game. | |
| <input type="checkbox"/> Get a massage; this can also help soothe your emotions. | |

- Watch a funny movie (start collecting funny movies to watch when you're feeling overwhelmed with pain).
- Go to the movie theater and watch whatever's playing.
- Watch television.
- Listen to the radio.
- Go to a sporting event, like a baseball or football game.
- Play a game with a friend.
- Play solitaire.
- Play video games.
- Go online to chat.
- Visit your favorite websites.
- Visit crazy websites and start keeping a list of them.
- Create your own website.
- Create your own online blog.
- Join an Internet dating service.
- Sell something you don't want on the Internet.
- Buy something on the Internet (within your budget).
- Do a puzzle with a lot of pieces.
- Call a crisis or suicide hotline and talk to someone.
- Go shopping.
- Go get a haircut.
- Go to a spa.
- Go to a library.
- Go to a bookstore and read.
- Go to your favorite café for coffee or tea.
- Visit a museum or local art gallery.
- Go to the mall or the park and watch other people; try to imagine what they're thinking.
- Pray or meditate.
- Go to your church, synagogue, temple, or other place of worship.
- Join a group at your place of worship.
- Write a letter to God.
- Call a family member you haven't spoken to in a long time.
- Learn a new language.
- Sing or learn how to sing.
- Play a musical instrument or learn how to play one.
- Write a song.
- Listen to some upbeat, happy music (start collecting happy songs for times when you're feeling overwhelmed).
- Turn on some loud music and dance in your room.
- Memorize lines from your favorite movie, play, or song.
- Make a movie or video with your smartphone.
- Take photographs.
- Join a public-speaking group and write a speech.

- Participate in a local theater group.
- Sing in a local choir.
- Join a club.
- Plant a garden.
- Work outside.
- Knit, crochet, or sew—or learn how to.
- Make a scrapbook with pictures.
- Paint your nails.
- Change your hair color.
- Take a bubble bath or shower.
- Work on your car, truck, motorcycle, or bicycle.
- Sign up for a class that excites you at a local college, adult school, or online.
- Read your favorite book, magazine, paper, or poem.
- Read a trashy celebrity magazine.
- Write a letter to a friend or family member.
- Write things you like about yourself on a picture of your body or draw them on a photograph of yourself.
- Write a poem, story, movie, or play about your life or someone else's life.
- Write in your journal or diary about what happened to you today.
- Write a loving letter to yourself when you're feeling good and keep it with you to read when you're feeling upset.

- Make a list of ten things you're good at or that you like about yourself when you're feeling good, and keep it with you to read when you're feeling upset.
- Draw a picture.
- Paint a picture with a brush or your fingers.
- Spend time with someone you care about, respect, or admire.
- Make a list of the people you admire and want to be like—it can be anyone real or fictional throughout history. Describe what you admire about these people.
- Write a story about the craziest, funniest, or most meaningful thing that has ever happened to you.
- Make a list of ten things you would like to do before you die.
- Make a list of ten celebrities you would like to be friends with and describe why.
- Make a list of ten celebrities you would like to date and describe why.
- Write a letter to someone who has made your life better and tell them why. (You don't have to send the letter if you don't want to.)
- Create your own list of pleasurable activities.

Other ideas: _____

COPING THOUGHTS WORKSHEET

Distressing Situation	New Coping Thought
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

EXERCISE: RADICAL ACCEPTANCE

Now answer the same questions for yourself. Think of a distressing situation that you experienced recently. Then answer these questions that will help you radically accept the situation in a new way:

- What happened in this distressing situation?

- What past events happened that led up to this situation?

- What role did you play in creating this situation?

- What roles did other people play in creating this situation?

- What *do* you have control of in this situation?

- What *don't* you have control of in this situation?

- What was your response to this situation?

- How did your response affect your own thoughts and feelings?

- How did your response affect the thoughts and feelings of other people?

- How could you have changed your response to this situation so that it led to less suffering for yourself and others?

- How could the situation have occurred differently if you had decided to radically accept the situation?

LIST OF COMMONLY FELT EMOTIONS

Adored	Disgusted	Horrified	Sad
Afraid	Disturbed	Hurt	Satisfied
Angry	Embarrassed	Hysterical	Scared
Annoyed	Empty	Indifferent	Scattered
Anxious	Energetic	Infatuated	Secure
Apologetic	Enlightened	Interested	Shy
Ashamed	Enlivened	Irritated	Smart
Blessed	Enraged	Jealous	Sorry
Blissful	Enthusiastic	Joyful	Strong
Bored	Envious	Lively	Surprised
Bothered	Excited	Lonely	Suspicious
Broken	Exhausted	Loved	Terrified
Bubbly	Flirtatious	Loving	Thrilled
Cautious	Foolish	Mad	Tired
Cheerful	Fragile	Nervous	Unsure
Confident	Frightened	Obsessed	Upset
Content	Frustrated	Pleased	Vivacious
Curious	Glad	Proud	Vulnerable
Delighted	Guilty	Regretful	Worried
Depressed	Happy	Relieved	Worthless
Determined	Hopeful	Respected	Worthy
Disappointed	Hopeless	Restless	

HOW TO MAKE WISE-MIND DECISIONS

Now that you've had practice locating your wise-mind center, you can "check in" with that area of your body before you make decisions. This can help you determine whether a decision is a good one. To do this, simply think about the action you are about to take and focus your attention on your center of wise mind. Then consider what your wise mind tells you. Does your decision feel like a good one? If so, then maybe you should do it. If it doesn't feel like a good decision, then maybe you should consider some other options.

Learning to make reliably good decisions about your life is a process that evolves as long as you are alive, and there is no single way to do this. Checking in with your center of wise mind is simply *one* way that works for some people. However, some words of caution are needed here. When you first use wise mind to make decisions about your life, it will probably be difficult to tell the difference between an intuitive gut feeling and a decision made the old way with emotion mind. The difference can be determined in three ways:

1. *When you made your decision, were you being mindful of both your emotions and the facts of the situation?* In other words, did you make the decision based on both emotion mind and reasonable mind? If you haven't considered the facts of the situation and are being controlled by your emotions, you're not using wise mind. Sometimes we need to let our emotions settle and "cool off" before we can make a good decision. If you've recently been involved in a very emotional situation, either good or bad, give yourself enough time for your hot emotions to cool down so that you can use reasonable mind.
2. *Did the decision "feel" right to you?* Before you make a decision, check in with your center of wise mind and notice how it feels. If you check in with your center of wise mind and you feel nervous, maybe the decision you're about to make isn't a good one or a safe one. However, maybe you feel nervous because you're excited about doing something new, which can be a good thing. Sometimes it's hard to tell the difference, and that's why using reasonable mind to make your decision is also important. Later, when you have more experience making healthy decisions for your life, it will be easier to tell the difference between a good nervous feeling and a bad nervous feeling.
3. *You can sometimes tell if you've used wise mind by examining the results of your decision.* If your decision leads to beneficial results for your life, chances are you used wise mind to make that decision. When you start using wise mind, keep track of your decisions and the results in order to determine whether you're *really* using wise mind. Remember, wise mind should help you make healthy decisions about your life.

RECOGNIZING YOUR EMOTIONS WORKSHEET

Questions	Your Responses
When did the situation happen?	
What happened? (Describe the event.)	
Why do you think that situation happened? (Identify the causes.)	
How did that situation make you feel, both emotionally and physically? (Try to identify both the <i>primary</i> and the <i>secondary</i> emotions.)	Primary emotions: Secondary emotions: Physical sensations:
What did you want to do as a result of how you felt? (What were your urges?)	
What did you do and say? (What actions or behaviors did you engage in as a result of how you felt?)	
How did your emotions and actions affect you later? (What short-term or long-term consequences were there as a result of your actions?)	

EMOTIONAL RECORD

When Did It Happen and Where Were You?	How Did You Feel? ("Right now, I feel...")	Did You Say How You Felt Out Loud?	What Did You Do After You Recognized How You Felt?