

MASKS, COPING MECHANISMS AND SURVIVAL STRATEGIES

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| <ul style="list-style-type: none"> - Attention seeking - Forgetting - Hiding behind partner - Repeating abuse - Numbing out - Avoid discussing abuse - Feel guilty - Negative self-talk - Physical problems - Chronic masturbation - Act confused or dumb - Passive behavior - Dissociating - Hyper-vigilance/easy to startle - Suicidal or self-harm thoughts - Over-exercising - Under emotional - Specific avoidance of one gender - Habitually “surfing” television channels, internet sites, Facebook, etc. - Pornography habit or addiction - Feel a constant need to be pessimistic (cynical) - Feel a constant need to be optimistic (idealistic) - Need to be perfect (generally or specific areas) - Sarcasm/non-congruent humor/difficulty with honest conversation - Judgmental or condemning of self and/or others - Take what is said or done personally - Agree to most everything, hard to say “no.” - Staying busy to avoid feeling & thinking - Need to be in Relationship to feel okay - Unable to clearly define or express wants or needs - Doing and saying things in order to get others to perceive or think a certain way, rather than doing or saying things simply because they are an honest reflection of oneself. - Rigid and controlling behaviors-coercion, advice giving, manipulation, acting helpless - Unable to set boundaries in situations/relationships to ensure personal rights are respected. - Ignore problems or pretend they aren't happening-denial of impact, effect, or importance - Over-inflate problems or create/admit to problems that aren't happening: increasing their impact, effect, or importance - Sexual issues in relationships and/or marriage - Patterns of unhealthy or abusive relationships - Distorted thinking or “thinking errors” | <ul style="list-style-type: none"> Withdrawal Oversleeping Feel Out-of-body Staying in control Depression Fantasizing Blaming self Victim of life Overeating Angry often Substance abuse Underachieving Trance Hoarding Promiscuous Religious fanaticism Overly emotional White lies | <ul style="list-style-type: none"> Rationalizing Undersleeping Constant chaos and drama Feeling/acting prideful Feeling/acting selfish Anxiety Blaming others Distrust others Under-eating Disclose inappropriately Overworking/Underworking Overachieving Self-mutilation Over or Underspending Act out violently Aggressive behavior Co-dependency Chronic Illness |
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