

YOU ARE AN EMPOWERED WOMAN

MODULE 3: LESSON 3

DBT

Take a moment and fill out the "Self-Destructive Coping Strategy" worksheet below.

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, pulling out hair, and self-mutilation.	Possible death; infection; scarring; disfigurement; shame; physical pain Other: _____ _____

YOU ARE AN EMPOWERED WOMAN

MODULE 3: LESSON 3

Foil

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