

Healthy vs. Unhealthy Coping Mechanisms

Please, check the boxes of the coping mechanisms that you believe are healthy

- ☐ Hair Pulling
- ☐ Nail Biting/Picking
- ☐ Wrist Rubber-Band
- ☐ Scratching/Scraping Skin
- ☐ Biting the Insides of Mouth
- ☐ Excessive Hand and Foot Tapping
- ☐ Wrapping Ribbon/String/Lanyards Around Fingers
- ☐ Playing with Sleeves and Collars
- ☐ Nail Tapping
- ☐ Pen Clicking
- ☐ Pacing
- ☐ Fiddling with Keys
- ☐ Scratching with Objects (ie...keys, writing utensils, etc...)
- ☐ Ripping Paper
- ☐ Playing with Hands
- ☐ Hitting Yourself with Hands or Objects
- ☐ Grinding Teeth
- ☐ Fiddling with Phone
- ☐ Eating
- ☐ Playing with Hair
- ☐ Crying
- ☐ Body Fiddling (ie...playing with feet, rubbing arms and legs, etc...)
- ☐ Biting Lips