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

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