

COPING SKILLS

Lacks insight
Utilizes support systems
Lacks support systems
Realistic
Unrealistic
Adaptable, flexible, adjustable
Inflexible, rigid, unable to deal with change
Engages in irrational thinking
Uses should, never, or always statements
Perfectionist
Rationalizes
Avoids, denies problems
Places blame
Suicidal thoughts, ideations
Suicide attempts
Cuts on self, self-mutilation
Engages in self-defeating behavior patterns
Low frustration tolerance
Engages in fantasy thinking, poor reality testing
Alienates, withdrawals, isolates
Engages in high risk behavior
Anxious, fearful, panicky
Uses all or nothing thinking
Pessimistic/optimistic outlook
Dependent on others
Unorganized
Dwells on negatives
Discounts positives or compliments
Jumps to conclusions
Magnifies or distorts problems
Manipulates others
Unmotivated/motivated to change
Does not take responsibility for actions
Somatic complaints
Poor problem-solving skills
Unable to make decisions
Procrastinates
Self-confident
Journals, exercises, reads, listens to music, draws
Uses humor
Addictive behaviors: substance abuse, eating disorders
Has angry outbursts
Criticizes others
Passive-aggressive behaviors
Passive, aggressive, assertive
Prioritizes
Blocks, suppresses emotions
Proactive
Reactive

SOCIAL SKILLS

Decreased comprehension
Poor eye contact, slumped posture
Pressured, rapid, slowed speech
Stuttering, slurring
Verbally abusive, intimidating, threatening
Assertive, passive, aggressive, passive-aggressive
Suspicious, guarded, paranoid
Isolated, withdrawn, apathetic
Insulting, critical
Disruptive, fidgety, agitated, provoking, instigating
Physically attackful
Non-participative in group activities
Non-interactive
Confrontive, defiant, opposition, argumentative
Attention-seeking
Shy, quiet, reserved, introverted
Polite, respectful, courteous
Overreacts, dramatizes
Calls names, puts down others
Whines, pouts
Crabby, testy, snappish
Avoidant, withholding, wary, distrustful
Easily influenced by others
Wanting to please, overly apologetic
Complaining
Arrogant, egocentric, self-centered
Narcissistic
Compliant
Sexually inappropriate
Age-inappropriate behaviors
Poor boundaries, lacks awareness of personal space
Anxious
Tends to dominate
Grandiose
Self-deprecating
Impulsive
Lacks tolerance, impatient
Codependency issues
Unable to recognize social cues, socially inept
Difficulty maintaining relationships
Difficulty differentiating healthy vs. unhealthy relationships
Pessimistic
Optimistic, confident
Outgoing, extroverted
Self-conscious
Talkative