

Healthy vs. Unhealthy Coping Mechanisms

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

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