



# Coping Mechanisms

Childhood losses, painful experiences, or trauma occurs

We create a shame/pain barrier- we don't want to feel vulnerable feelings we could not handle as a child

And we use coping mechanisms to not feel, and then continue those coping behaviors as an adult

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## Control      POWERLESS      Numb

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Excessive talk,  
excessive cleaning,  
fawning, doing or  
saying something to  
bring control

Excessive amounts  
of TV, internet,  
reading, food, porn,  
gaming, alcohol,  
drugs, work,  
shopping, exercise,  
etc.

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## Impulsive      AMBIVALENCE      Freeze

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Doing an impulsive  
behavior with the big  
feeling- self harm,  
big life changes,  
tattoo, random sex,  
etc.

Passive avoidance,  
pleasing others

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## Focus on Others      CONTEMPT      Self Hate

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Focus on the faults of  
others- being critical,  
accusatory,  
demeaning, etc.

Focus on shaming  
self, shaming more  
than others would.  
Can feel OCD