

Family Dynamics Worksheet- Healthy vs Unhealthy Family Dynamics Worksheet

Healthy coping strategies may not provide instant gratification and pleasure but the results are long-lasting. Following are some of the most common coping strategy styles.

Unhealthy Coping Skills	Healthy Coping Skills
Isolation	Talking to a friend
Drug Abuse	Exercise
Eat Problems	Talking to a therapist
Insomnia or hypersomnia	Healthy lifestyle
Avoidance	Taking care of your diet

Describe a problem

Unhealthy Coping Skills	Healthy Coping Skills



Consequences of Unhealthy Coping	Consequences of Healthy Coping

Healthy Coping strategies, I could use	Expected Outcomes of Healthy coping strategies	Obstacles while uusing Healthy Coping styles