

Old Coping Strategies (a.k.a. Survival Tools)

Some of the common behaviors that we call old coping behaviors are

- 1** **Hiding your needs to avoid being “too much”**
- 2** **Perfectionism to avoid judgment**
- 3** **Silencing your voice to stay safe and criticizing yourself.**
- 4** **Masking to blend in or meet expectations**
- 5** **People-pleasing to avoid conflict**
- 6** **Over-functioning to hold it all together**
- 7** **Shutting down when it becomes too much**