

NEGATIVE COPING SKILLS OR CHOICES THAT CREATE MORE STRESS

Signs/symptoms of stress that drain energy & lead to moody behavior from Dwight Bain.com

PHYSICAL:

Loss of Energy
Sleep loss/restlessness
Over eating
Dry Mouth
Listlessness “Just sitting”
Caffeine dependence
Smoking/smokeless tobacco
Shallow breathing
Drinking alcohol
Drug Abuse
Headaches
Ignoring blood pressure
Hypertension
Ulcers
I.B.S./Colitis
“Nervous Energy”
Tightness in chest
Accelerated heart rate
Unkempt physical appearance
No time to relax
Decreased appetite for food
Decreased sex drive
Lower back pain
Cries easily or not at all
Increased health worries
Muscle tension (neck/shoulders/jaw)
Fatigue
Junk food/sugary foods

EMOTIONAL:

Increased “Type A” personality
Driven to achieve more & more
Withdrawal from family/friends
Holding problems inside
TV or Internet addictions:
(*Soaps, Sports, Sitcoms or Sex*)
Sarcasm or Criticism
Over-spending or gambling
Perfectionism or obsessiveness
Apathy or emotional numbness
Financial worries
Rage episodes
Playing the ‘blame game’
Escapism behaviors
Focusing on moodiness
Avoiding pressing decisions
No sense of humor
Defensive or easily angered
Avoidance of emotions (esp. fear)
Living in the past/future
Not sharing burdens with others
“Clinging” dependent behavior
Hopeless feelings not expressed
Trouble making decisions
Poor concentration or confusion
Dwelling on past regrets or failures
Life is disorganized & out of control
Over commitment to things in life
that don’t matter most

SPIRITUAL:

Avoiding spiritual needs
No time to pray or meditate
Loss of any personal faith
Doubts over real purpose in life
Increased fears over world events
Inner turmoil and confusions
No peace at any price
God seems a “million miles away”
Spiritual aloneness
Spiritual emptiness
No day of rest or renewal
Filling mind with ‘trash’
Avoiding the real ‘truth’ about self
Lying, cheating, stealing or cover-up
Manipulating others
Avoiding eternal issues & choices
Breaking personal beliefs & values
Lack of journaling issues out
Avoiding spiritual places or people
Shutting off any spiritual memories
Isolated from groups of shared faith
Unable to trust others enough to talk
about deeper issues of life
Unresolved spiritual issues of:
Anger, Grief, Loss
Questioning if God even cares
Not seeking out 12 step or other
spiritual resources as needed
Believing that the whole world is on
your shoulders- instead of
resting safely in God’s hands