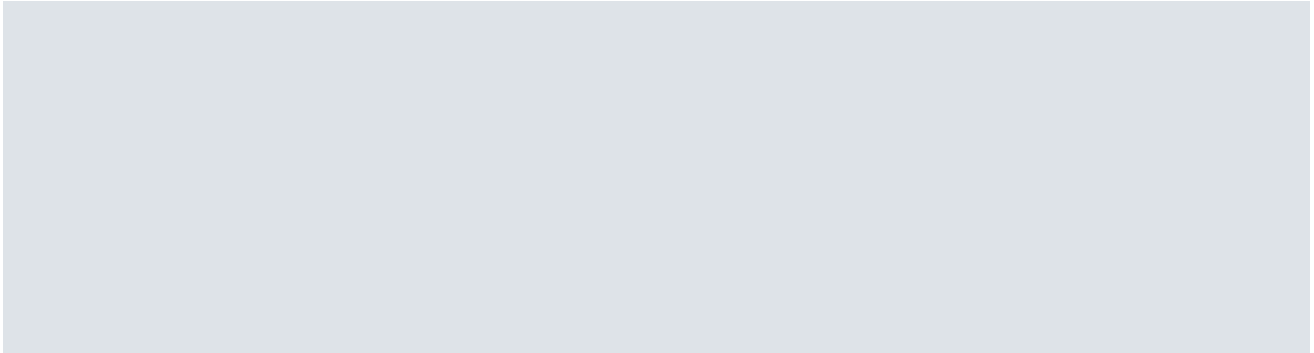


# MODULE 4 NEGATIVE COPING BEHAVIORS

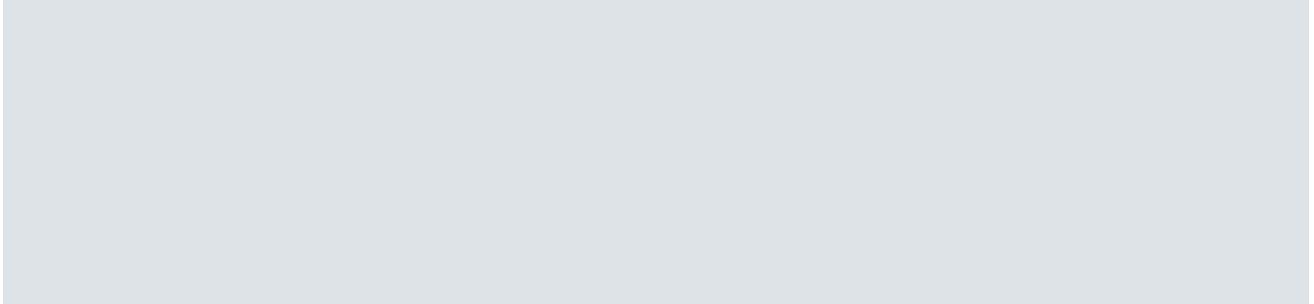


# NEGATIVE COPING BEHAVIORS

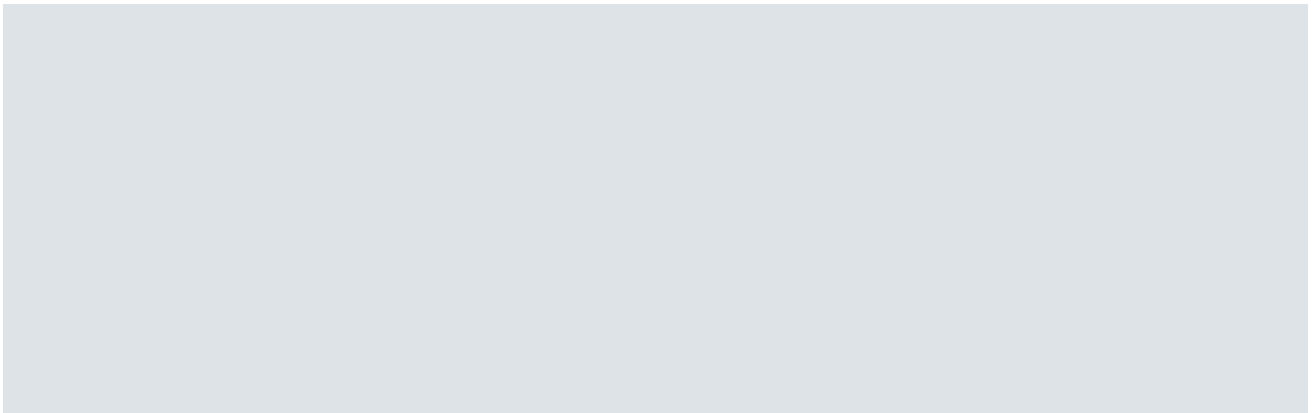
1. What **BUFFERING** behaviors do you recognize in your own life?



2. What emotions are you trying to avoid when you buffer?



3. What are the thoughts causing these emotions?



**4.** To stop buffering, you'll need to be willing to feel unpleasant emotions and give up the false pleasure of the buffer. Are you ready to model this for your teens?

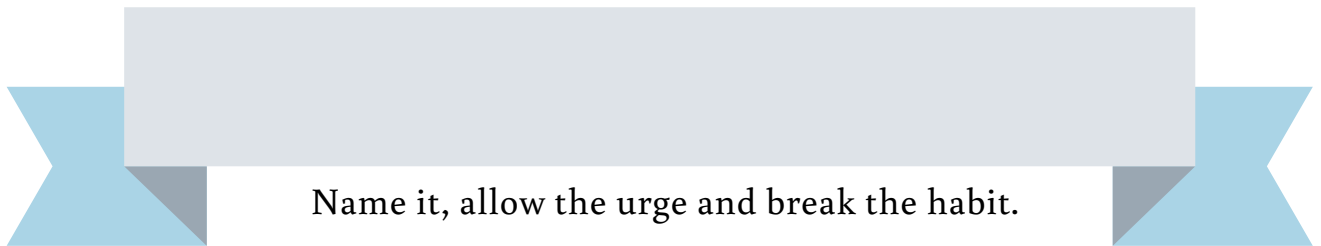
**5.** What are the negative consequences of buffering in your life?

**6.** How will you manage your urges to give in to buffering?

**7.** Can you commit to using the BREAKTHROUGH method for 100 urges? What buffering habit will you break?

# 100 URGES

**BREAKTHROUGH**



**YOU'VE GOT THIS!**