

Coping Strategies

Assertiveness, problem solving abilities, refusal skills and managing emotions effectively can take a while to develop and practice.

Using DEADS to deal with urges:

Deny – Remind yourself that the urge will pass. Refuse to give into it, no matter what.



Escape – If you know what is causing the urge leave immediately.

Avoid – If you can identify what triggers your urges and you know you will be in a situation that will trigger your urge, devise a plan to avoid it.

Distract yourself – Do something. Go for a walk, read a book, play a game, watch TV. Occupying your mind so you can't focus on the urge. Simple activities like counting objects, reciting the alphabet backwards can fill your attention. Do something proactive – do housework, walk the dog, organise things – motivation can follow the actions.



Substitute – Send in healthy substitute thoughts to squeeze out the urge. Replace irrational belief (This urge will kill me) with a rational one (This urge is bad, but won't kill me and it will pass). Substitute feeling down and alone by going to the gym, group meetings etc.