

Unhealthy "Copers"/Red Flags

Suicidal thoughts	Black or White thinking	Avoiding problems	Ignoring consequences	Poor social support
Not avoiding triggers	Excessive risk taking	Spending too much	Overeating/Undereating	Blaming yourself
Shouting at others	Criticizing others	FREE	Mean/hostile joking	Developing illnesses
Negative body language	Sabotaging plans	Negative self talk	Passive-aggressive behavior	Self-medicating
Poor hygiene	Lying to others	Missing support meetings	Lack of balance in life	Not prioritizing

Unhealthy "Copers"/Red Flags

Negative body language	Isolating	Criticizing others	Denying problems	Not taking medication
Not avoiding triggers	Negative self talk	Catastrophizing	Shouting at others	Crying more than usual
Procrastinating	Mean/hostile joking	FREE	Missing support meetings	Spending too much
Blaming yourself	Suicidal thoughts	Slacking on recovery	Poor social support	Not communicating
Excessive risk taking	Ignoring consequences	Passive-aggressive behavior	Testing your sobriety	Poor hygiene

Unhealthy "Copers"/Red Flags

Overgeneralizing	Sabotaging plans	Criticizing others	Denying problems	Passive-aggressive behavior
Not communicating	Excessive risk taking	Poor hygiene	Not prioritizing	Black or White thinking
Mean/hostile joking	Avoiding problems	FREE	Not avoiding triggers	Not taking medication
Stubbornness/Inflexibility	Crying more than usual	Working too much	Unhealthy social crowd	Exercising too much
Testing your sobriety	Catastrophizing	Procrastinating	Overeating/Undereating	Hurt yourself or others