

COPING AT A COST

This is a list to help get your brain thinking about anything you do to bypass your emotions and not be in the present...

Food: We eat too much or too little or we make food choices that are not good for our body

Money: overspending or frugal

Drugs/Alcohol: including caffeine and marijuana

Sex: using it to distract from what we're feeling or a lack of emotional intimacy in our lives

Social Media: using it to not be present or comparing ourselves to others

Dating Apps: using them not to find a partner

Porn

Fights: physical or emotional, to distract from present stress

Physical Appearance: Obsessing or putting a lot of energy/resources into it

TV

Video Games

Constant Contact with People: because you're afraid to be alone or just feel your feelings

Sleeping: too much or too little (i.e. keeping yourself up late at night on purpose)

Procrastination: doing anything to avoid what your True Self actually wants to do