## **Maladaptive Behaviors**

Porrey, M. (2024, June 13). Maladaptive behavior in psychology: A list of examples. Verywell Health. www.verywellhealth.com/maladaptive-behavior-8640911

The Merriam-Webster dictionary defines maladaptive behaviors as, "actions that prevent people from adjusting, adapting, or participating in different aspects of life". Think of these like coping mechanisms for the short term, but detrimental to your overall life in the long term. Binge eating and or purging definitely falls into the category of maladaptive behaviors. Below I will list a few other ones.

Isolation
Social Avoidance
Drinking
Drugs
Gambling
Overscheduling
Binge eating
Purging
Excessive sleeping
Holding on to anger
Excessive daydreaming
Passive aggressive behaviors
Risky sex
Self harm

## **Behavior Chain**

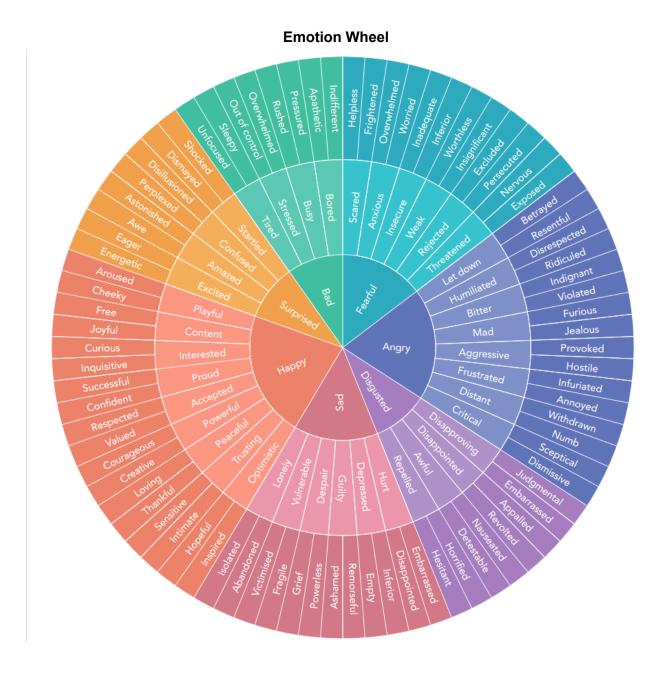
Target behaviors & behavior chain analysis | DBT self help. (n.d.). https://dbtselfhelp.com/target-behaviors-behavior-chain-analysis/

If you engage in one of the maladaptive behaviors listed above, I want you to complete a behavior chain. The behavior chain is helpful so that you can begin to recognize your triggers. I encourage you to also write in ways in which you could intervene for next time if a similar situation arises. At the end you will write an "alternate outcome". Think, "If I hadn't engaged in the maladaptive behavior, how might I feel right now". Finally, you will reflect on your "general triggers". Think, in what ways might this specific instance relate to my overall bingeing patterns?

An emotion wheel is provided for you on page 3 and a blank sheet behavior chain can be found on page 4.

## **Behavior Chain Example**

Prompting event (ie, trigger)	Got home, house was dirty
Thought	I really don't want to clean
Feeling	Tired, frustrated
Ways I could have intervened:	Gone for a walk, called a friend
Behavior:	Binged/purged
Feeling:	Anxious, tired
Alternative Outcome:	Alternative Outcome: If I didn't binge/purge I might still feel tired and anxious, but not guilty or shameful.
General trigger:	I notice that when I am tired and feel like I need to complete a task, I often get overwhelmed and feel the need to binge. I want to work on allowing myself to take a 30 min break when I feel this way, so I can better cope with this feeling.



Team, Calm Editorial. "The Feelings Wheel: Unlock the Power of Your Emotions." *Calm Blog*, Calm Blog, 22 Sept. 2024, www.calm.com/blog/the-feelings-wheel.

## **Behavior Chain**

Prompting event (ie, trigger)	
Thought	
Feeling	
Ways I could have intervened:	
Behavior:	
Feeling:	
Alternative Outcome:	
General trigger:	