

## **Maladaptive Behaviors**

Porrey, M. (2024, June 13). Maladaptive behavior in psychology: A list of examples. Verywell Health.  
[www.verywellhealth.com/maladaptive-behavior-8640911](https://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”<sup>8</sup>. 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

<b>Prompting event (ie, trigger)</b>	Got home, house was dirty
<b>Thought</b>	I really don’t want to clean
<b>Feeling</b>	Tired, frustrated
<b>Ways I could have intervened:</b>	Gone for a walk, called a friend
<b>Behavior:</b>	Binged/purged
<b>Feeling:</b>	Anxious, tired
<b>Alternative Outcome:</b>	<b>Alternative Outcome:</b> If I didn’t binge/purge I might still feel tired and anxious, but not guilty or shameful.
<b>General trigger:</b>	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.

This circular diagram illustrates 100 emotions, organized into five main categories, each represented by a different color. The emotions are arranged in concentric rings, with the innermost ring showing the main category and the outer rings showing more specific emotions.

- Happy (Orange):** Includes emotions like Joyful, Proud, Content, Excited, and Surprised.
- Sad (Purple):** Includes emotions like Depressed, Lonely, Grieving, and Hopeless.
- Angry (Red):** Includes emotions like Furious, Bitter, and Hostile.
- Fearful (Blue):** Includes emotions like Scared, Anxious, and Nervous.
- Bad (Green):** Includes emotions like Tired, Stressed, and Bored.

The diagram uses a color gradient to represent the intensity of the emotions, with lighter shades indicating milder feelings and darker shades indicating more intense or negative states.

### Behavior Chain

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