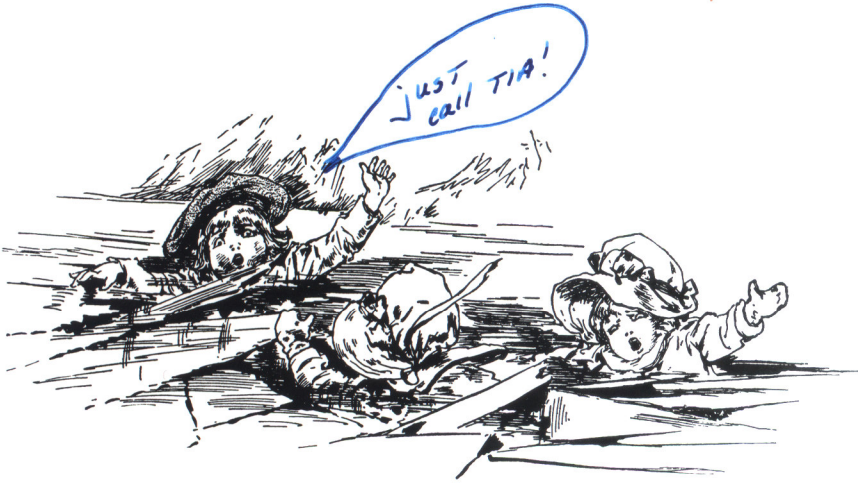


cop·ing mech·a·nism \ 'kō-piŋ-,me-kə-,ni-zəm \ **DEFINITION** : learned ways, conscious and unconscious, which enable the individual to get through emotionally stressful situations and maintain internal consistency while adjusting to or living within a particular environment : **CHARACTERIZED BY** : unvarying behavior in varying circumstances, childlike shutdown during stressful moments, odd but consistent reactions to certain situations, inability to handle emergencies, internally consistent life views that cleave from reality, traumatic life background masked by seemingly high levels of function



“Does anybody have a good coping mechanism for this situation?”