

TABLEAU 1

LES STRATÉGIES SPÉCIFIQUES DE COPING

		Contrôlabilité de la situation	
		Oui	Non
Efficacité	+	<p>Modification de la situation</p> <p>Augmenter ses ressources et capacités : rechercher l'information pertinente et développer ses compétences.</p> <p>Agir concrètement : communiquer, analyser, planifier et organiser son temps, ses tâches et son environnement, fournir les efforts nécessaires pour accomplir ses tâches et persévérer.</p> <p>Obtenir le soutien instrumental du réseau social : recevoir de l'aide directe, des ressources ou des conseils pour identifier et appliquer des solutions concrètes.</p>	<p>Lâcher-prise</p> <p>Accepter sereinement de composer avec la réalité : soi, les autres, la situation.</p> <p>Nourrir des exigences et des attentes réalistes, accepter les limites de son pouvoir et de ses capacités ainsi que celles des autres.</p> <p>Se concentrer sur le positif, relativiser l'importance d'un problème et dédramatiser ses conséquences.</p> <p>Choisir ses batailles et cesser de vouloir modifier une situation sur laquelle on n'a pas de pouvoir.</p>
	-	<p>Résignation-déresponsabilisation</p> <p>Se plaindre, s'apitoyer, blâmer les autres sans reconnaître ses propres fautes ou manquements.</p> <p>Subir la situation, se sentir impuissant à la changer même si, en réalité, elle pourrait l'être.</p> <p>Se déresponsabiliser vis-à-vis de ce que l'on pourrait faire, laisser les autres trouver des solutions ou s'occuper des problèmes, procrastiner.</p>	<p>Acharnement</p> <p>S'obstiner à poursuivre des stratégies d'action inefficaces puisqu'il n'y a pas de contrôle possible sur la situation.</p> <p>S'entêter à vouloir atteindre un résultat irréaliste, voire impossible.</p> <p>Se responsabiliser pour des problèmes qui appartiennent aux autres.</p>

Coping With Disablement

M Lipman



Coping With Disablement:

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Coping With Disablement**

In a world inundated with displays and the cacophony of immediate transmission, the profound energy and psychological resonance of verbal beauty frequently fade into obscurity, eclipsed by the constant barrage of sound and distractions. However, located within the lyrical pages of **Coping With Disablement**, a interesting perform of literary beauty that impulses with natural feelings, lies an remarkable trip waiting to be embarked upon. Written by a virtuoso wordsmith, this enchanting opus guides viewers on an emotional odyssey, softly exposing the latent potential and profound affect embedded within the intricate web of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is key subjects, dissect its captivating writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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