

maladaptive *(mal-a-dap-tive)*

Definition

adj. not providing adequate or appropriate adjustment to the environment or situation.

Example Sentence

The therapist noted that the patient's **maladaptive** behaviors were hindering progress.

More Example Sentences

Maladaptive coping strategies can often lead to more stress in the long term.

Synonyms

dysfunctional; unhelpful; counterproductive

Antonyms

adaptive; beneficial; constructive

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