Step 3: Types of coping

**Engaged**
- Active interaction with the substance user, trying to deal with the problem
- Makes me feel I am doing something positive
- Very stressful and user he/she doesn’t like it

**Tolerant**
- Removes negative consequences for the user
- Avoids arguments
- Feel I am being taken advantage of

**Withdrawn**
- Increasing distance from drug user
- Avoid him/her as much as possible because of drug use
- Stops me getting too involved - better for my health
- I feel I am rejecting him/her

There is no ‘right’ way to cope