

3 Types of Coping

When we talk about these different types of coping it's important to remember that none of them are better or worse. They are simply different. Whatever type of coping you use is okay as long as it works for you.



Standing up to it

Some people may try to 'stand up to' the problem or help their family member. This could be by keeping a close on them or looking up ways to help them. This can make people feel they are doing something helpful, it can also feel like a lot of pressure.



Allowing it / putting up with

Other people will try to allow or put up with the situation. This can mean different things to different people but could involve covering up for your family members behaviour. This type of coping can make people feel powerless however some people use it to avoid conflict



Looking after yourself

Looking after yourself or taking a step back involves thinking about your needs and what makes you happy instead of just focusing on your family member. This can make people feel they have more control and more time to themselves but some people feel they are turning their back on their family member.