

Tool 3.1: Your coping behaviors

Date:

How have you tried to change your loved one's behavior? List a few examples.

Did it work?

Ex: Kicked them out of the house

Ex: No, just made me worry more

1.

1.

2.

2.

3.

3.

4.

4.

5.

5.

How have you personally tried to cope with the situation?

Did it work?

Ex: Started seeing a therapist

Ex: Yes, has been helpful

1.

1.

2.

2.

3.

3.

4.

4.

5.

5.

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What do you think you might want to do differently?