

Coping Strategies Inventory

Please Read these Instructions Carefully: People often react in different ways when they are faced with a difficult, challenging, or stressful issue in life. This questionnaire invites you to respond to how frequently you cope in the ways the statements suggest in terms of what you do or feel when you experience a stressful or challenging issue in your life. It is to be expected that the type of issue you face in a given situation may change the way you react so answer the following questions from the viewpoint of what you generally do or feel most of the time. Please respond to every item and report what is true or mostly true for you, not what you believe other people would do in a similar situation facing the same issue. Use the following scale and respond to each statement by placing a number in the blank space before each item.

Never=1 Rarely=2 Sometimes=3 Often=4 Very Often=5

- ___ 01. I try to see the issue from several perspectives.
- ___ 02. I try not to think about the issue.
- ___ 03. I seek advice about the issue from people close to me.
- ___ 04. I feel like I have to allow the issue to run its course.
- ___ 05. I consider what resources I can access in order to meet the demands the issue requires of me.
- ___ 06. I get upset and express my anger about the issue.
- ___ 07. I spend time with nature (e.g. a walk, a picnic in a park) so I can have strength to cope with the issue.
- ___ 08. I become involved in other things (work, hobbies, or intellectual pursuits) to distract myself from the issue.
- ___ 09. I make jokes about the issue.
- ___ 10. When I think about the issue I tell myself things could be much worse.
- ___ 11. I postpone thinking about the issue.
- ___ 12. I talk with people I can trust about the issue.
- ___ 13. I just accept the issue and give up trying to do anything about it.
- ___ 14. I am unable to develop a plan to resolve the issue.
- ___ 15. I vent my emotions about my frustration with the issue.
- ___ 16. I seek comfort about the issue through meditation or prayer.
- ___ 17. I use alcohol or drugs to distance myself from the issue.
- ___ 18. I try to understand how I might grow as a result of the issue.
- ___ 19. I use daydreaming to avoid the issue.
- ___ 20. I get stuck when I try to think of ways to address the issue.
- ___ 21. I find myself just needing to talk to others about the issue in order to relieve some stress.
- ___ 22. I turn to a religious leader or spiritual advisor for guidance about the issue.
- ___ 23. I lose myself in activities that make it difficult for me to focus on the issue
- ___ 24. I find myself laughing about the issue.
- ___ 25. I confront the issue in ways I believe will make a difference.
- ___ 26. I try to be positive and look on the bright side of things in spite of the issue.
- ___ 27. I forget about the issue hoping it will resolve itself.
- ___ 28. Others generally don't know about the issues I have to deal with.
- ___ 29. I spend time evaluating my options for resolving the issue.
- ___ 30. I spend time doing things for others in order to take my mind off thinking about the issue.
- ___ 31. I am sarcastic about matters related to the issue.

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Never=1 Rarely=2 Sometimes=3 Often=4 Very Often=5

- ___ 32. I seek to learn something about myself from the issue.
- ___ 33. I just ignore the issue.
- ___ 34. I enlist the support of others to tackle the problems associated with issue.
- ___ 35. Even though I want to resolve the issue, I find myself doubting that anything can really be done about it.
- ___ 36. I struggle to find ways to handle the issue.
- ___ 37. I lash out as a way of dealing with the issue.
- ___ 38. I try to connect with a higher power or essence (e.g. Deity, God, Ala, Buddha, etc...)
- ___ 39. I find things to do to keep myself busy so I don't have to worry about the issue.
- ___ 40. I tell myself other people have bigger issues in their life than mine.
- ___ 41. I act as though the issue isn't affecting me even though it really is.
- ___ 42. I seek guidance from people who I believe can help me address the issue in a meaningful way.
- ___ 43. I wait and prepare myself for whatever outcome is going to happen.
- ___ 44. I press forward with an action plan that will change the way the issue will turn out.
- ___ 45. I make several efforts to address the issue in different ways.
- ___ 46. I feel so overwhelmed by the issue I break down and cry.
- ___ 47. I try to gain understanding about this issue from religious beliefs or faith.
- ___ 48. I watch television or movies instead of concentrating on the issue.
- ___ 49. I talk to myself in ways that help me see the issue less negatively.
- ___ 50. I pretend the issue isn't as serious as it really is so it doesn't seem quite as bad.
- ___ 51. People who know me well are not aware of the stressful issues in my life.
- ___ 52. I just learn to live with the issue.
- ___ 53. I develop strategies that will empower me to effectively deal with the issue.
- ___ 54. The issue causes me to be irritable (e.g. moody, raise my voice) with others.
- ___ 55. I place my trust in a divine power that is mindful of my struggles with this issue.
- ___ 56. I turn to food or eating as a way of forgetting about the issue.
- ___ 57. I poke fun at things related to issue.
- ___ 58. I'm good at finding productive ways to resolve the issue.
- ___ 59. I turn to recreational activities as a way to manage my feelings about the issue.
- ___ 60. I pretend the issue doesn't exist.
- ___ 61. I turn to others who have had similar issues for guidance and direction.
- ___ 62. I resign myself to accepting the issue the way it is.
- ___ 63. I talk to professional people for help with the issue (e.g. doctor, therapist, or attorney).
- ___ 64. I am aggressive in my approach to confronting the issue.
- ___ 65. I seek solitude and peace about the issue through sources that help me connect with my spirituality.
- ___ 66. I immerse myself in other things in order to take my mind off the issue.
- ___ 67. I find myself denying there is any "real" issue so I don't have to face it.
- ___ 68. I seek help from groups who are addressing similar issues.
- ___ 69. I spend time thinking about the best approach to addressing the issue.
- ___ 70. I make comments that reflect humor about the issue.
- ___ 71. I get so exhausted with the issue I just accept things the way they are.
- ___ 72. I procrastinate doing things that might make a difference with the issue because they seem hard to do.
- ___ 73. If the people who are close to me knew about the issues I have to deal with they would be surprised.