**Identification of Coping Styles**

**Directions:** There are a variety of ways to deal with stress. Following is a list of positive coping behaviors. Indicate how much you currently use them to deal with stress.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Often** | **Rarely** | **Not at All** |
| Listen to music |  |  |  |
| Go shopping with a friend |  |  |  |
| Watch television/go to a movie |  |  |  |
| Read a newspaper, magazine, or book |  |  |  |
| Sit alone in the peaceful outdoors |  |  |  |
| Write prose or poetry |  |  |  |
| Attend an athletic event, a play, a lecture, a symphony, and so on |  |  |  |
| Go for a walk or drive |  |  |  |
| Exercise (swim, bike, jog) |  |  |  |
| Get deeply involved in some other activity |  |  |  |
| Play with a pet |  |  |  |
| Take a nap |  |  |  |
| Get outdoors, enjoy nature |  |  |  |
| Write in a journal |  |  |  |
| Practice deep breathing, meditation, autogenics, muscle relaxation |  |  |  |
| Straighten up your desk or work area |  |  |  |
| Take a bath or shower |  |  |  |
| Do physical labor (garden, paint) |  |  |  |
| Make home repairs, refinish furniture |  |  |  |
| Buy something—records, books |  |  |  |
| Play a game (chess, backgammon, video games) |  |  |  |
| Pray, go to church |  |  |  |
| Discuss situations with a spouse or close friend |  |  |  |
| Other: |  |  |  |

**Directions:** Following is a list of negative coping behaviors. Indicate how much you currently use them to deal with stress.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Often** | **Rarely** | **Not at All** |
| Become aggressive |  |  |  |
| Use negative self-talk |  |  |  |
| Yell at spouse/kids/friends |  |  |  |
| Drink a lot of coffee or tea |  |  |  |
| Get drunk |  |  |  |
| Swear |  |  |  |
| Take a tranquilizing drug |  |  |  |
| Avoid social contact with others |  |  |  |
| Try to anticipate the worst possible outcome |  |  |  |
| Think about suicide |  |  |  |
| Smoke tobacco |  |  |  |
| Chew your fingernails |  |  |  |
| Overeat or undereat |  |  |  |
| Become irritable or short-tempered |  |  |  |
| Cry excessively |  |  |  |
| Kick something or throw something |  |  |  |
| Drive fast in your car |  |  |  |
| Other: |  |  |  |

**Scoring Instructions:**

Count the number of positive and negative coping techniques you use.

Number of negative techniques:\_\_\_\_\_\_\_\_\_\_\_

Number of positive techniques: \_\_\_\_\_\_\_\_\_\_\_

How often do you employ negative coping strategies?   
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Do you use more positive than negative strategies or the reverse?  
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Do you recognize a need to change some of the techniques you are now using? If so, which ones?  
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What are some ways in which you can maximize your positive coping behaviors? How can you minimize your negative ones?  
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