**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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