

Brief COPE

We are interested in how people respond when they confront difficult or stressful events in their lives. There are lots of ways to try to deal with stress. This questionnaire asks you to indicate what you generally do and feel, when you experience stressful events. Obviously, different events bring out somewhat different responses, but think about what you usually do when you are under a lot of stress.

Each of us deals with things in different ways; I'm interested in how you've tried to deal with things. Each item says something about a particular way of coping. I want to know to what extent you've been doing what the item says. *How much or how frequently.*

Don't answer on the basis of whether it seems to be working or not—just whether or not you're doing it. Try to rate each item separately in your mind from the others. Make your answers as true FOR YOU as you can. *This information is confidential/belongs to you;* you may share if you choose.

There are no “right” or “wrong” answers! We’re looking for a general pattern, not a specific “score”

1 _____ 2 _____ 3 _____ 4 _____
Not at all Little bit Medium amount Doing a lot

1 = I haven't been doing this at all
2 = I've been doing this a little bit
3 = I've been doing this a medium amount
4 = I've been doing this a lot

Using this scale, respond to the following:

1. I've been turning to work or other activities to take my mind off things.
2. I've been concentrating my efforts on doing something about the situation I'm in.
3. I've been saying to myself "this isn't real."
4. I've been using addictive behaviors or substances to make myself feel better.
5. I've been getting emotional support from others.
6. I've been giving up trying to deal with it.
7. I've been taking action to try to make the situation better.
8. I've been refusing to believe that it has happened.
9. I've been saying things to let my unpleasant feelings escape.
10. I've been getting help and advice from other people.

1 _____ 2 _____ 3 _____ 4 _____
Not at all Little bit Medium amount Doing a lot

11. I've been using alcohol or other drugs to help me get through it.
12. I've been trying to see it in a different light, to make it seem more positive.
13. I've been criticizing myself.
14. I've been trying to come up with a strategy about what to do.
15. I've been getting comfort and understanding from someone.
16. I've been giving up the attempt to cope.
17. I've been looking for something good in what is happening.
18. I've been making jokes about it.
19. I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.
20. I've been accepting the reality of the fact that it has happened.
21. I've been expressing my negative feelings.
22. I've been trying to find comfort in my religion or spiritual beliefs.
23. I've been trying to get advice or help from other people about what to do.
24. I've been learning to live with it.
25. I've been thinking hard about what steps to take.
26. I've been blaming myself for things that happened.
27. I've been praying or meditating.
28. I've been making fun of the situation.

Coping strategy each question involves:

Self-distraction #s 1 & 19

Active coping #s 2 & 7

Denial #s 3 & 8

Substance use #s 4 & 11

Use of emotional support #s 5 & 15

Use of instrumental support #s 10 & 23

Behavioral disengagement #s 6 & 16

Venting #s 9 & 21

Positive reframing #s 12 & 17

Planning #s 14 & 25

Humor #s 18 & 28

Acceptance #s 20 & 24

Religion #s 22 & 27

Self-blame #s 13 & 26

From the **list right above**, identify the coping strategies you use most often; list them here. Next, identify whether that strategy is **problem-focused** OR **emotion-focused coping**.

1.

2.

3.

List **3 new/different coping strategies** you'd like to practice using:

1.

2.

Do Not Copy