

Coping Strategy	Emotions (AND)		Need [a AND (b OR c)]			Ability
	Other	Self	Satisfaction Motive (a)	Achievement Motive (b)	External Motive (c)	Controllability
Planning	Neutral Positive	Any	—/+	high +	high +	High
Active Coping	Any	Neutral Negative	—/+	med +	med +	High
Seeking Social Support for Instrumental Reasons	Neutral Positive	Any	—/+	low +	low +	Low
Acceptance	Negative	Negative	high —	high —	high —	No
Mental Disengagement	Neutral Negative	Neutral Negative	low/med —	low/med —	low/med —	No
Shifting Responsibility	Neutral Positive	Negative	high —	—/+	—/+	No Low