WAYS OF COPING was designed by Lazarus and Folkman (University of California, San Francisco) as a measure of coping processes used in a particular stressful encounter (and not of coping style or traits).

Instructions: Identify a stressful encounter that occurred recently, where it took place and what happened. Next, read each item below and indicate, by using the following rating scale, to what extent you used it in the situation you have just described.

<table>
<thead>
<tr>
<th>Not Used</th>
<th>Used Somewhat</th>
<th>Used Quite A Bit</th>
<th>Used a Great Deal</th>
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<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
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1. Just concentrated on what I had to do next – the next step.
2. I tried to analyze the problem in order to understand it better.
3. Turned to work or substitute activity to take my mind off things.
4. I felt that time would make a difference – the only thing to do was to wait.
5. Bargained or compromised to get something positive from the situation.
6. I did something which I didn’t think would work, but at least I was doing something.
7. Tried to get the person responsible to change his or her mind.
8. Talked to someone to find out more about the situation.
9. Criticized or lectured myself.
10. Tried not to burn my bridges, but leave things open somewhat.
11. Hoped a miracle would happen.
12. Went along with fate; sometimes I just have bad luck.
13. Went on as if nothing had happened.
14. I tried to keep my feelings to myself.
15. Looked for the silver lining, so to speak; tried to look on the bright side of things.
16. Slept more than usual.
17. I expressed anger to the person(s) who caused the problem.
18. Accepted sympathy and understanding from someone.
19. I told myself things that helped me to feel better.
20. I was inspired to do something creative.
21. Tried to forget the whole thing.
22. I got professional help.
23. Changed or grew as a person in a good way.
24. I waited to see what would happen before doing anything.
25. I apologized or did something to make up.
26. I made a plan of action and followed it.
27. I accepted the next best thing to what I wanted.
28. I let my feelings out somehow.
29. Realized I brought the problem on myself.
30. I came out of the experience better than when I went in.
31. Talked to someone who could do something concrete about the problem.
32. Got away from it for a while; tried to rest or take a vacation.
33. Tried to make myself feel better by eating, drinking, smoking, using drugs or medication, etc.
34. Took a big chance or did something very risky.
35. I tried not to act too hastily or follow my first hunch.
36. Found new faith.
37. Maintained my pride and kept a stiff upper lip.
38. Rediscovered what is important in life.
39. Changed something so things would turn out all right.
40. Avoided being with people in general.
41. Didn’t let it get to me; refused to think too much about it.
42. I asked a relative or friend I respected for advice.
43. Kept others from knowing how bad things were.
44. Made light of the situation; refused to get too serious about it.
45. Talked to someone about how I was feeling.
46. Stood my ground and fought for what I wanted.
47. Took it out on other people.
48. Drew on my past experiences; I was in a similar situation before.
49. I knew what had to be done, so I doubled my efforts to make things work.
50. Refused to believe that it had happened.
51. I made a promise to myself that things would be different next time.
52. Came up with a couple of different solutions to the problem.
53. Accepted it, since nothing could be done.
54. I tried to keep my feelings from interfering with other things too much.
55. Wished that I could change what had happened or how I felt.
56. I changed something about myself.
57. I daydreamed or imagined a better time or place than the one I was in.
58. Wished that the situation would go away or somehow be over with.
59. Had fantasies or wishes about how things might turn out.
60. I prayed.
61. I prepared myself for the worst.
62. I went over in my mind what I would say or do.
63. I thought about how a person I admire would handle this situation and used that as a model.
64. I tried to see things from the other person’s point of view.
65. I reminded myself how much worse things could be.
66. I jogged or exercised.

Scoring: To determine the predominant methods you used for coping, calculate your total score for each of the subscales below. Do this by summing the item scores noted for each scale.

**Scale 1: Confrontive coping**
46. Stood my ground and fought for what I wanted ______
7. Tried to get the person responsible to change his or her mind ______
17. I expressed anger to the person(s) who caused the problem ______
28. I let my feelings out somehow ______
34. Took a big chance or did something very risky ______
6. I did something which I didn’t think would work, but at least I was doing something ______
Total for Scale 1 ______
Scale 2: Distancing
44. Made light of the situation; refused to get too serious about it
13. Went on as if nothing had happened
41. Didn’t let it get to me; refused to think too much about it
21. Tried to forget the whole thing
15. Looked for the silver lining, so to speak; tried to look on the bright side of things
12. Went along with fate; sometimes I just have bad luck
Total for Scale 2

Scale 3: Self-controlling
14. I tried to keep my feelings to myself
43. Kept others from knowing how bad things were
10. Tried not to burn my bridges, but leave things open somewhat
35. I tried not to act too hastily or follow my first hunch
54. I tried to keep my feelings from interfering with other things too much
63. I thought about how a person I admire would handle this situation and used that as a model
Total for Scale 3

Scale 4: Seeking social support
8. Talked to someone to find out more about the situation
31. Talked to someone who could do something concrete about the problem
42. I asked a relative or friend I respected for advice
45. Talked to someone about how I was feeling
18. Accepted sympathy and understanding from someone
22. I got professional help
Total for Scale 4

Scale 5: Accepting responsibility
9. Criticized or lectured myself
29. Realized I brought the problem on myself
51. I made a promise to myself that things would be different next time
25. I apologized or did something to make up
Total for Scale 5

Scale 6: Escape-Avoidance
58. Wished that the situation would go away or somehow be over with
11. Hoped a miracle would happen
59. Had fantasies or wishes about how things might turn out
33. Tried to make myself feel better by eating, drinking, smoking, using drugs or medication
40. Avoided being with people in general
50. Refused to believe that it had happened
47. Took it out on other people
16. Slept more than usual _____ 
Total for Scale 6 _____ 

**Scale 7: Planful problem-solving** 
49. I knew what had to be done, so I doubled my efforts to make things work _____ 
26. I made a plan of action and followed it _____ 
1. Just concentrated on what I had to do next – the next step _____ 
39. Changed something so things would turn out all right _____ 
48. Drew on my past experiences; I was in a similar situation before _____ 
52. Came up with a couple of different solutions to the problem _____ 
Total for Scale 7 _____ 

**Scale 8: Positive reappraisal** 
23. Changed or grew as a person in a good way _____ 
30. I came out of the experience better than when I went in _____ 
36. Found new faith _____ 
38. Rediscovered what is important in life _____ 
60. I prayed _____ 
56. I changed something about myself _____ 
20. I was inspired to do something creative _____ 
Total for Scale 8 _____