

COPING STRATEGIES INVENTORY (Engagement coping)

Instruction. In the past two years you must have come across different events which have put you into problems and stress. You have faced those situations and solved your problems. Take few minutes to think about those events and the way you handled them. Think of 4 or 5 such problems that happened to you. As you list through the items below, there are some suggestions about how you handled your chosen problems. Considering the extent to which you used to proposed solution for any one or more of your problems, chose a response from the five alternatives as '(0) Not at all', '(1) A little', '(2) Somewhat', '(3) Much', and '(4) Very much'. When you are responding to a particular item' please keep a specific problem in your mind and give your answer as to what you did in that situation. There are 36 items in the inventory. You tick the number in the row of the item that you think as your appropriate response.

1.	I must concentrate on what I had to do next; the next step.	0	1	2	3	4
2.	I tried to get a new angle on the situation.	0	1	2	3	4
3.	I found ways to blow off steam.	0	1	2	3	4
4.	I accepted sympathy and understanding from someone.	0	1	2	3	4
5.	I changed something so that things would turn out alright.	0	1	2	3	4
6.	I looked for the silver lining, so to speak; tried to look on the bright side of things.	0	1	2	3	4
7.	I did something to get it out of my steam.	0	1	2	3	4
8.	I found somebody who was a good listener.	0	1	2	3	4
9.	I stood my ground and fought for what I wanted.	0	1	2	3	4
10.	I told myself things that helped me feel better.	0	1	2	3	4
11.	I let my emotion go.	0	1	2	3	4
12.	I talked to someone about how I was feeling.	0	1	2	3	4
13.	I made a plan of action and followed it.	0	1	2	3	4
14.	I looked at things in a different light and tried to make the best of what was available.	0	1	2	3	4

Coping Responses Inventory Form Manual For Using

Linda L. Murphy



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