



Brief-COPE (Brief-COPE)

Instructions:

The following questions ask how you have sought to cope with a hardship in your life. Read the statements and indicate how much you have been using each coping style.

| | | I haven't been doing this at all | A little bit | A medium amount | I've been doing this a lot |
|----|---|----------------------------------|--------------|-----------------|----------------------------|
| 1 | I've been turning to work or other activities to take my mind off things. | 1 | 2 | 3 | 4 |
| 2 | I've been concentrating my efforts on doing something about the situation I'm in. | 1 | 2 | 3 | 4 |
| 3 | I've been saying to myself "this isn't real". | 1 | 2 | 3 | 4 |
| 4 | I've been using alcohol or other drugs to make myself feel better | 1 | 2 | 3 | 4 |
| 5 | I've been getting emotional support from others. | 1 | 2 | 3 | 4 |
| 6 | I've been giving up trying to deal with it. | 1 | 2 | 3 | 4 |
| 7 | I've been taking action to try to make the situation better. | 1 | 2 | 3 | 4 |
| 8 | I've been refusing to believe that it has happened. | 1 | 2 | 3 | 4 |
| 9 | I've been saying things to let my unpleasant feelings escape. | 1 | 2 | 3 | 4 |
| 10 | I've been getting help and advice from other people. | 1 | 2 | 3 | 4 |
| 11 | I've been using alcohol or other drugs to help me get through it. | 1 | 2 | 3 | 4 |
| 12 | I've been trying to see it in a different light, to make it seem more positive. | 1 | 2 | 3 | 4 |
| 13 | I've been criticizing myself. | 1 | 2 | 3 | 4 |
| 14 | I've been trying to come up with a strategy about what to do. | 1 | 2 | 3 | 4 |
| 15 | I've been getting comfort and understanding from someone. | 1 | 2 | 3 | 4 |
| 16 | I've been giving up the attempt to cope. | 1 | 2 | 3 | 4 |



| | | I haven't been doing this at all | A little bit | A medium amount | I've been doing this a lot |
|----|--|----------------------------------|--------------|-----------------|----------------------------|
| 17 | I've been looking for something good in what is happening. | 1 | 2 | 3 | 4 |
| 18 | I've been making jokes about it. | 1 | 2 | 3 | 4 |
| 19 | I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping. | 1 | 2 | 3 | 4 |
| 20 | I've been accepting the reality of the fact that it has happened. | 1 | 2 | 3 | 4 |
| 21 | I've been expressing my negative feelings. | 1 | 2 | 3 | 4 |
| 22 | I've been trying to find comfort in my religion or spiritual beliefs. | 1 | 2 | 3 | 4 |
| 23 | I've been trying to get advice or help from other people about what | 1 | 2 | 3 | 4 |
| 24 | I've been learning to live with it. | 1 | 2 | 3 | 4 |
| 25 | I've been thinking hard about what steps to take. | 1 | 2 | 3 | 4 |
| 26 | I've been blaming myself for things that happened | 1 | 2 | 3 | 4 |
| 27 | I've been praying or meditating | 1 | 2 | 3 | 4 |
| 28 | I've been making fun of the situation. | 1 | 2 | 3 | 4 |