

WAYS OF COPING (Revised)*

Please read each item below and think about how you generally have coped with stressful encounters that you have experienced. Using the following rating scale, to what extent did you generally use the strategies listed below.

Not Used 0	Used Somewhat 1	Used Quite A Bit 2	Used A great deal 3
---------------	--------------------	-----------------------	------------------------

- | | |
|-------|--|
| _____ | 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. |

Ways Of Coping Questionnaire Manual

Jin-Ying Zhang



Ways Of Coping Questionnaire Manual:

Whispering the Techniques of Language: An Emotional Journey through **Ways Of Coping Questionnaire Manual**

In a digitally-driven world where monitors reign great and quick conversation drowns out the subtleties of language, the profound strategies and mental subtleties hidden within words frequently go unheard. However, situated within the pages of **Ways Of Coping Questionnaire Manual** a captivating fictional prize pulsing with raw feelings, lies an exceptional journey waiting to be undertaken. Published by a skilled wordsmith, this wonderful opus invites readers on an introspective journey, delicately unraveling the veiled truths and profound influence resonating within the fabric of each word. Within the mental depths with this touching review, we shall embark upon a genuine exploration of the book's key styles, dissect its charming writing type, and yield to the effective resonance it evokes strong within the recesses of readers' hearts.

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