

HOW WELL DO YOU COPE?

*This questionnaire assesses the effectiveness of your “life skills”,
or your way of coping with stress. Read each of the statements, and decide
which score best describes how you behave at present.*

SCORING

Always 4 • Often 3 • sometimes 2 • Rarely 1 • Never 0

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|----|---------------------------------------------------------------------------------|-----|----|---------------------------------------------------------------------------------|-----|
| 1 | I can ask for help from others. | () | 15 | I weigh up both sides of an argument. | () |
| 2 | I manage my time so I am not rushed. | () | 16 | I feel close to and talk openly with members of my family. | () |
| 3 | When I am upset or depressed, I can work out what thoughts lie behind it. | () | 17 | I make time for my hobbies and leisure. | () |
| 4 | I discuss my worries with friends. | () | 18 | When I'm under pressure, the pleasant relaxing activities get squeezed out. | () |
| 5 | I make a point of looking after myself in terms of diet, health and appearance. | () | 19 | I complain in a shop if service is poor. | () |
| 6 | I put off doing difficult things and avoid difficult situations. | () | 20 | I delegate tasks to others if I need to. | () |
| 7 | I express emotions openly and directly. | () | 21 | I can usually relate my upset mood to a specific event that has happened to me. | () |
| 8 | I work towards my own personal goals. | () | 22 | I socialize with friends. | () |
| 9 | I accept situations that cannot be altered. | () | 23 | I believe I need to be selfish at times. | () |
| 10 | I can trust, talk to frankly, and share feelings with my spouse/partner. | () | 24 | I tend to avoid challenging situations. | () |
| 11 | I reward myself with something pleasant when I've done a good job. | () | 25 | I like to share my ideas with others, even if they don't agree. | () |
| 12 | I tend to bottle up my emotions and withdraw from people. | () | 26 | I make lists of what I am going to do. | () |
| 13 | I can say “no” to the demands of others and refuse requests. | () | 27 | I stand back and think things through. | () |
| 14 | I am careful how much I take on and balance this against limited time. | () | 28 | I enjoy social events with other people. | () |
| | | | 29 | I make time for planned relaxation. | () |
| | | | 30 | I must get everything just right. | () |

INTERPRETING YOUR SCORE

*Transfer your scores for individual questions across the following columns of boxes.
Each column represents a life skill. Add up the scores in each column and
then refer to the interpretations for each life skill below.*

A	B	C	D	E	F
1 ()	2 ()	3 ()	4 ()	5 ()	6 ()
7 ()	8 ()	9 ()	10 ()	11 ()	12 ()
13 ()	14 ()	15 ()	16 ()	17 ()	18 ()
19 ()	20 ()	21 ()	22 ()	23 ()	24 ()
25 ()	26 ()	27 ()	28 ()	29 ()	30 ()

TOTAL () TOTAL ()

A: Assertiveness

Over 13 You appear to be assertive in your behaviour. You are able to express yourself openly and stand up for your rights.

8-13 You could be more assertive.

Below 8 You do not appear to be assertive enough.

Review ASSERTIVENESS

B: Managing Your Time

Over 13 You seem to manage your time well and organize yourself to achieve what you want out of life.

8-13 Your time management could improve.

Below 8 You do not appear to manage your time well and need to improve your skills in this area.

Review MANAGING YOUR TIME

C: Rational Thinking

Over 13 You seem to understand how your thoughts are affected by your feelings and are able to think matters through in a rational manner.

TOTAL () TOTAL ()

8-13 You could improve your understanding of the relationship between your thoughts and moods.

Below 8 Your thinking habits may be causing your stress.

Review RATIONAL THINKING

D: Improving Relationships

Over 13 You seem to have positive relationships and a good support system.

8-13 You could improve the ways in which you use your social network as a way of coping.

Below 8 You appear to have problems in your relationships with other people.

Review IMPROVING RELATIONSHIPS

E: Self-Care

Over 13 You appear to look after yourself well and understand the need for self-care.

8-13 You could improve your self-care.

Below 8 You are neglecting yourself.

Review SELF-CARE

TOTAL () TOTAL ()

F: Maladaptive

Over 13 You appear to have a number of unhelpful habits in the form of strategies that help you to cope in the short term, but which make you more vulnerable to stress.

Often, a combination of procrastination, avoidance, perfectionism, bottling up emotions, and allowing pleasure to be squeezed out of your life can lead to high levels of stress. If you have scored 3 or 4 on any of these questions, review the following relevant issues.

6 OVERCOMING

PROCRASTINATION

12 EXPRESSING YOUR

FEELINGS

18 SELF-CARE

24 FEARS AND PHOBIAS

CHANGE

30 CONTROLLING

PERFECTIONISM

8-13 You need to be aware of these habits and try to break some of them.

Below 8 You do not appear to have a major problem with these unhelpful habits.