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

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

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<thead>
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<th>A</th>
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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.

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

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.

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