

Coping Self-Efficacy Scale

When things aren't going well for you, or when you're having problems, how confident or certain are you that you can do the following:

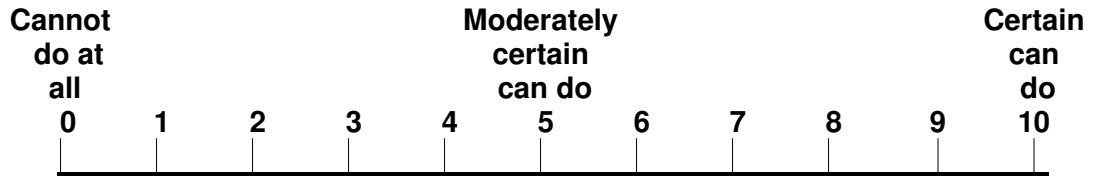
Cannot do at all					Moderately certain						Certain can do
0	1	2	3	4	5	6	7	8	9	10	

For each of the following items, write a number from 0 –10, using the scale above.

When things aren't going well for you, how confident are you that you can:

1. Keep from getting down in the dumps. _____
2. Talk positively to yourself. _____
3. Sort out what can be changed, and what can not be changed. _____
4. Get emotional support from friends and family. _____
5. Find solutions to your most difficult problems. _____
6. Break an upsetting problem down into smaller parts. _____
7. Leave options open when things get stressful. _____
8. Make a plan of action and follow it when confronted with a problem. _____
9. Develop new hobbies or recreations. _____
10. Take your mind off unpleasant thoughts. _____
11. Look for something good in a negative situation. _____
12. Keep from feeling sad. _____
13. See things from the other person's point of view during a heated argument. _____
14. Try other solutions to your problems if your first solutions don't work. _____
15. Stop yourself from being upset by unpleasant thoughts. _____

When things aren't going well for you, or when you're having problems, how confident or certain are you that you can do the following:



- 16. Make new friends. _____
- 17. Get friends to help you with the things you need. _____
- 18. Do something positive for yourself when you are feeling discouraged. _____
- 19. Make unpleasant thoughts go away. _____
- 20. Think about one part of the problem at a time. _____
- 21. Visualize a pleasant activity or place. _____
- 22. Keep yourself from feeling lonely. _____
- 23. Pray or meditate. _____
- 24. Get emotional support from community organizations or resources. _____
- 25. Stand your ground and fight for what you want. _____
- 26. Resist the impulse to act hastily when under pressure. _____