

Coping Schemas Inventory-Revised

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To what extent do you usually use each of the following strategies to cope with _____?

In making your rating, use the following scale:

1	2	3	4	5
Not At All	A Little Bit	A Moderate Amount	A Considerable Amount	A Great Deal
(Never)	(Rarely)	(Occasionally)	(Often)	Always)

Please circle the appropriate number for each coping strategy.

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1. Rely on others to do what I cannot do myself..... 1 2 3 4 5
 2. Do something about the situation..... 1 2 3 4 5
 3. Wish that I could undo the past..... 1 2 3 4 5
 4. Express my feelings and thoughts..... 1 2 3 4 5
 5. Confront the problem by taking appropriate actions..... 1 2 3 4 5
 6. Do what is necessary to maintain a personal relationship with
God..... 1 2 3 4 5
 7. Believe that I can communicate with God..... 1 2 3 4 5
 8. Run away from the problem or situation..... 1 2 3 4 5
 9. Do what is necessary to fulfill the requirements of the situation... 1 2 3 4 5
 10. Accept what has happened because eventually things will work out
as well as can be expected..... 1 2 3 4 5
 11. Break down the problem into smaller steps and work on one at
a time..... 1 2 3 4 5

12. Learn to live with the problem, because nothing much can be done
about it..... 1 2 3 4 5
13. Confront and understand my own feelings..... 1 2 3 4 5
14. Accept/tolerate life as it is and make the best of it..... 1 2 3 4 5
15. Learn to accept the negative realities of life..... 1 2 3 4 5
16. Suppress or avoid facing my own emotions..... 1 2 3 4 5
17. Air my complaints and frustrations..... 1 2 3 4 5
18. Feel guilty for what has happened..... 1 2 3 4 5
19. Practice controlled breathing techniques..... 1 2 3 4 5
20. Change my negative attitude toward this problem into a
positive one..... 1 2 3 4 5
21. Change my pace to suit the situation..... 1 2 3 4 5
22. Rely on people who have successfully coped with the problem... 1 2 3 4 5
23. Take the problem into my own hands by fighting back..... 1 2 3 4 5
24. Look at unavoidable life events as part of my lot in life..... 1 2 3 4 5
25. Engage in mental exercise (such as imagery) to reduce tension.. 1 2 3 4 5
26. Share my feelings with a confidant..... 1 2 3 4 5
27. Try to reduce my anxious thoughts..... 1 2 3 4 5
28. Seek help and direction from God..... 1 2 3 4 5
29. Actively seek out information on my own..... 1 2 3 4 5
30. Wish that I were a different person..... 1 2 3 4 5
31. Feel ashamed for my inadequacies..... 1 2 3 4 5
32. Put off doing something about the problem..... 1 2 3 4 5
33. Accept the present situation because no matter how bad things are
they could always be worse..... 1 2 3 4 5
34. Wish that a miracle or something fantastic would happen..... 1 2 3 4 5

35. Believe that God will answer prayers..... 1 2 3 4 5
36. Believe that there must be a purpose in the suffering
I experience..... 1 2 3 4 5
37. Make a plan of action and follow it..... 1 2 3 4 5
38. Look to others for moral support..... 1 2 3 4 5
39. Ignore the problem and pretend that it doesn't exist..... 1 2 3 4 5
40. Avoid thinking about the problem or things that are upsetting..... 1 2 3 4 5
41. Wish that the situation were different..... 1 2 3 4 5
42. Believe that God watches over me..... 1 2 3 4 5
43. Mentally transform the situation into something less
threatening..... 1 2 3 4 5
44. Rely on available connections to solve the problem..... 1 2 3 4 5
45. Follow religious principles..... 1 2 3 4 5
46. Try not to focus on likely negative outcomes..... 1 2 3 4 5
47. Practice muscle relaxation techniques..... 1 2 3 4 5
48. Change my attitude in view of this problem..... 1 2 3 4 5
49. Feel sorry for what I have done..... 1 2 3 4 5
50. Be determined and persistent in attacking the problem..... 1 2 3 4 5
51. Seek emotional support from others..... 1 2 3 4 5
52. Receive practical help from friends..... 1 2 3 4 5
53. Restructure my actions in light of the problem..... 1 2 3 4 5
54. Pray to God..... 1 2 3 4 5
55. Depend on the experts and follow their advice..... 1 2 3 4 5
56. Look at the humorous side of this problem..... 1 2 3 4 5
57. Try to look at the problem from a new perspective..... 1 2 3 4 5
58. Rearrange my activities to accommodate the situation..... 1 2 3 4 5

59. Believe that there is meaning and purpose to the things that
happen to me..... 1 2 3 4 5
60. Release my pent-up emotions..... 1 2 3 4 5
61. Double my effort to change the situation..... 1 2 3 4 5
62. Don't worry about the past or the future, accept each day
as it comes..... 1 2 3 4 5
63. Develop better time management skills so that I will be more efficient
in the future..... 1 2 3 4 5
64. Blame myself for what has happened..... 1 2 3 4 5
65. Believe in an almighty God.....1 2 3 4 5
66. Believe that valuable lessons can be learned from undesirable
experiences..... 1 2 3 4 5
67. Depend on friends for emotional/moral support..... 1 2 3 4 5
68. Believe that God will execute final justice..... 1 2 3 4 5
69. Derive meaning from my past..... 1 2 3 4 5
70. Remind myself that worrying will not accomplish anything..... 1 2 3 4 5
71. Practice meditation techniques to reduce tension..... 1 2 3 4 5
72. Depend on opinions of people who have experienced similar
problems..... 1 2 3 4 5

Items of the Coping Schemas Inventory-Revised

<u>Situational (8 items):</u>	Items 2, 5, 11, 23, 29, 37, 50, and 61
<u>Self-Restructuring (8 items):</u>	Items 9, 20, 21, 48, 53, 57, 58, and 63
<u>Active Emotional (8 items):</u>	Items 4, 13, 17, 26, 38, 51, 60, and 67
<u>Passive Emotional (12 items):</u>	Items 3, 8, 16, 18, 30, 31, 32, 34, 39, 41, 49, and 64
<u>Meaning (4 items):</u>	Items 36, 59, 66, and 69
<u>Acceptance (9 items):</u>	Items 10, 12, 14, 15, 24, 33, 40, 56, and 62
<u>Religious (9 items):</u>	Items 6, 7, 28, 35, 42, 45, 54, 65, and 68
<u>Social Support (6 items):</u>	Items 1, 22, 44, 52, 55, and 72
<u>Tension Reduction (8 items):</u>	Items 19, 25, 27, 43, 46, 47, 70, and 71