

## Coping Schemas Inventory-Revised (CSI-R)

© P. T. P. Wong, G. T. Reker, and E. J. Peacock, 2006

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:

- |  |           |
|--|-----------|
| 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 |

## Coping Schemas Inventory-Revised: Scoring Key

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

---

**Reference:** Wong, P. T. P., Reker, G. T., & Peacock, E. (2006). [The resource-congruence model of coping and the development of the Coping Schemas Inventory](#). In P. T. P. Wong, & L. C. J., Wong (Eds.), *Handbook of multicultural perspectives on stress and coping* (pp. 223-283). New York, NY: Springer.