

Existential Coping Scale¹

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¹This scale is based on two subscales (Meaning, Acceptance) from the [Coping Schemas Inventory-Revised \(CSI-R\)](#) (Wong, P. T. P., Reker, G. T., & Peacock, E. (2006). The resource-congruence model of coping and the development of the coping schema inventory. In P. T. P. Wong & L. C. J. Wong (Eds.), *Handbook of multicultural perspectives on stress and coping* (pp. 223–283). New York: Springer.)

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)

1. Accept what has happened because eventually things will work out as well as can be expected.	1	2	3	4	5
2. Believe that valuable lessons can be learned from undesirable experiences.	1	2	3	4	5
3. Accept/tolerate life as it is and make the best of it.	1	2	3	4	5
4. Learn to accept the negative realities of life.	1	2	3	4	5
5. Look at unavoidable life events as part of my lot in life.	1	2	3	4	5
6. Derive meaning from my past.	1	2	3	4	5
7. Avoid thinking about the problem or things that are upsetting.	1	2	3	4	5
8. Look at the humorous side of this problem.	1	2	3	4	5
9. Don't worry about the past or the future, accept each day as it comes.	1	2	3	4	5
10. Believe that there must be a purpose in the suffering I experience.	1	2	3	4	5
11. Accept the present situation because no matter how bad things are they could always be worse.	1	2	3	4	5
12. Believe that there is meaning and purpose to the things that happen to me	1	2	3	4	5
13. Learn to live with the problem, because nothing much can be done about it.	1	2	3	4	5

Existential Coping Subscale: Scoring Key

Meaning (4 items):

2, 6, 10, 12

Acceptance (9 items):

1, 3, 4, 5, 7, 8, 9, 11, 13

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.