



Steppingstone #29 Adaptive Coping

Strongly disagree 0 1 2 3 4 5 6 7 8 9 10 Strongly agree

When things aren't going well, I tend to ...

A. ... use techniques like meditation, chanting or praying to remain calm

B. ... do something to improve the situation

C. ... look for the positive sides to the situation

D. ... accept the way things are sometimes

E. ... focus on what I can do to change the situation

F. ... seek emotional support from others

G. ... make light of the situation

H. ... seek out help or advice from others

I. ... come up with an action plan for changing things

J. ... acknowledge that many things in life are outside of my control

Total