

# HOW WELL DO YOU COPE?

*This questionnaire assesses the effectiveness of your “life skills,” or your way of coping with stress. Read each of the statements, and decide which score best describes how you behave at present.*

## Scoring

Always 4 ■ Often 3 ■ Sometimes 2 ■ Rarely 1 ■ Never 0

- |  |                          |  |                          |
|--|--------------------------|--|--------------------------|
| 1 I can ask for help from others   | <input type="checkbox"/> | 16 I feel close to and talk openly with members of my family.                      | <input type="checkbox"/> |
| 2 I manage my time so I am not rushed.   | <input type="checkbox"/> | 17 I make time for my hobbies and leisure.   | <input type="checkbox"/> |
| 3 When I am upset or depressed I can figure out what thoughts lie behind it.       | <input type="checkbox"/> | 18 When I'm under pressure the pleasant, relaxing activities get squeezed out.     | <input type="checkbox"/> |
| 4 I discuss my worries with my friends.  | <input type="checkbox"/> | 19 I complain in a store if service is poor.                                       | <input type="checkbox"/> |
| 5 I make a point of looking after myself in terms of diet, health, and appearance. | <input type="checkbox"/> | 20 I delegate tasks to others if I need to.  | <input type="checkbox"/> |
| 6 I put off doing difficult things and avoid difficult situations.                 | <input type="checkbox"/> | 21 I can usually relate my upset mood to a specific event that has happened to me. | <input type="checkbox"/> |
| 7 I express emotions openly and directly.  | <input type="checkbox"/> | 22 I socialize with friends.   | <input type="checkbox"/> |
| 8 I work toward my own personal goals.   | <input type="checkbox"/> | 23 I believe I need to be selfish at times.  | <input type="checkbox"/> |
| 9 I accept situations that I cannot change.  | <input type="checkbox"/> | 24 I tend to avoid challenging situations.   | <input type="checkbox"/> |
| 10 I can trust my partner, share feelings with, and talk frankly to him/her.       | <input type="checkbox"/> | 25 I like to share my ideas with others even if they don't agree.                  | <input type="checkbox"/> |
| 11 I reward myself with something pleasant when I've done a good job.              | <input type="checkbox"/> | 26 I make lists of what I am going to do.  | <input type="checkbox"/> |
| 12 I tend to bottle up my emotions and withdraw from people.                       | <input type="checkbox"/> | 27 I stand back and think things through.  | <input type="checkbox"/> |
| 13 I can say no to the demands of others and refuse requests.                      | <input type="checkbox"/> | 28 I enjoy social events with other people.  | <input type="checkbox"/> |
| 14 I am careful how much I take on and balance this against my limited time.       | <input type="checkbox"/> | 29 I make time for planned relaxation.   | <input type="checkbox"/> |
| 15 I weigh both sides of an argument.  | <input type="checkbox"/> | 30 I need to get everything just right.  | <input type="checkbox"/> |

## INTERPRETING YOUR SCORE

*Transfer your scores for individual questions across the following columns of boxes. Each column represents a life skill. Add up the scores in each column and then refer to the interpretations for each life skill below*

A	B	C	D	E	F
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>
7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>
13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>
19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>
25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>
TOTAL <input type="checkbox"/>	TOTAL <input type="checkbox"/>	TOTAL <input type="checkbox"/>	TOTAL <input type="checkbox"/>	TOTAL <input type="checkbox"/>	TOTAL <input type="checkbox"/>

### **A: Assertiveness**

**Over 13** You appear to be assertive in your behavior. You are able to express yourself openly and stand up for your rights

**8-13** You could be more assertive.

**Below 8** You do not appear to be assertive enough.

### **B: Managing your time**

**Over 13** You seem to manage your time well and organize yourself to achieve what you want out of life.

**8-13** Your time management could improve.

**Below 8** You do not appear to manage your time well and need to improve your skills in this area.

### **C: Rational Thinking**

**Over 13** You seem to understand how your thoughts are affected by your feelings and are able to think matters through in a rational manner.

**8-13** You could improve your understanding of the relationship between your thoughts and moods.

**Below 8** Your thinking habits may be causing your stress.

### **D: Improving relationships**

**Over 13** You seem to have positive relationships and a good social support system.

**8-13** You could improve the ways in which you use your social network as a way of coping.

**Below 8** You appear to have problems in your relationships with other people.

### **E: Self-Care**

**Over 13** You appear to look after yourself well and understand the need for self-care.

**8-13** You could improve your self-care.

**Below 8** You are neglecting yourself.

### **F: Maladaptive**

**Over 13** You appear to have a number of unhelpful habits in the form of strategies that help you cope in the short term, but which make you more vulnerable to stress. A combination of procrastination, avoidance, perfectionism, bottling up emotions and allowing pleasure to be squeezed out of your life can lead to high levels of stress.

**8-13** You need to be aware of these habits and try to break some of them.

**Below 8** You do not appear to have a major problem with these unhelpful habits.

**Please consult *Free Yourself from Harmful Stress* by Trevor Powell in the event that you score high on any assessment, in order to begin the necessary healing steps outlined in the publication.**