

Table 7.1: Questionnaire – What kind of copers are you?

When I get stressed I tend to:	
A	
1. Talk to friends or family about how I feel	0 1 2 3
2. Let my feelings out – cry, get upset	0 1 2 3
3. Worry about it all the time	0 1 2 3
4. Try to see it in a different light, make something positive of it	0 1 2 3
5. Talk to someone I know will be supportive	0 1 2 3
6. Accept that it has happened and can't be changed	0 1 2 3

B	
7. Get irritable or aggressive	0 1 2 3
8. Shout at my family	0 1 2 3
9. Want to be on my own – cold shoulder everyone	0 1 2 3
10. Be nasty/sarcastic/unkind	0 1 2 3
11. Bully other people	0 1 2 3
12. Throw/bang things	0 1 2 3
C	
13. Try to put it out of my mind	0 1 2 3
14. Hide how I feel from other people	0 1 2 3
15. Hope for a miracle	0 1 2 3
16. Go to a film or watch TV to think about it less	0 1 2 3
17. Act as though it hasn't happened	0 1 2 3
18. Take to drinking, smoking or comfort-eating to take my mind off it	0 1 2 3
D	
19. Talk to someone who might be able to give advice or help	0 1 2 3
20. Analyse the problem and make a plan	0 1 2 3
21. Make changes in how I do things	0 1 2 3

22. Ask someone for help with the practical side of things	0 1 2 3
23. Think hard about what steps to take	0 1 2 3
24. Take direct action to get around the problem	0 1 2 3