Attachment D5

Brief Cope

Form Approved
OMB No. 0920-xxxx
Exp. Date xx/xx/20xx

Brief Cope

III. Please read each item below and indicate by marking an "X" in the appropriate box, **to what extent you used it to cope with stressful situations.**
1 = I have not done this at all
2 = I have done this a little bit
3 = I have done this a medium amount
4 = I have done this a lot

		Not At All (1)	**A Little Bit** (2)	**A Medium Amount** (3)	**A Lot** (4)
1	Turned to work or other activities to take my mind off things.	☐	☐	☐	☐
2	Concentrated my efforts on doing something about the situation.	☐	☐	☐	☐
3	Said to myself "this isn't real.".	☐	☐	☐	☐
4	Used alcohol or other drugs to make myself feel better.	☐	☐	☐	☐
5	Received emotional support from others.	☐	☐	☐	☐
6	Gave up trying to deal with it.	☐	☐	☐	☐
7	Took action to try to make the situation better.	☐	☐	☐	☐
8	Refused to believe that it had happened.	☐	☐	☐	☐
9	Said things to let my unpleasant feelings escape.	☐	☐	☐	☐
10	Received help and advice from other people.	☐	☐	☐	☐
11	Used alcohol or other drugs to help me get through it.	☐	☐	☐	☐
12	Tried to see it in a different light, to make it seem more positive.	☐	☐	☐	☐
13	Criticized myself.	☐	☐	☐	☐
14	Tried to come up with a strategy about what to do.	☐	☐	☐	☐
15	Received comfort and understanding from someone.	☐	☐	☐	☐
16	Gave up the attempt to cope.	☐	☐	☐	☐
17	Looked for something good in what was happening.	☐	☐	☐	☐
18	Made jokes about it.	☐	☐	☐	☐
19	Did something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.	☐	☐	☐	☐
20	Accepted the reality of the fact that it had happened.	☐	☐	☐	☐
21	Expressed my negative feelings.	☐	☐	☐	☐
22	Tried to find comfort in my religion or spiritual beliefs.	☐	☐	☐	☐
23	Tried to get advice or help from other people about what to do.	☐	☐	☐	☐
24	Learned to live with it.	☐	☐	☐	☐
25	Thought hard about what steps to take.	☐	☐	☐	☐

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26	Blamed myself for things that happened.	☐	☐	☐	☐
27	Prayed or meditated.	☐	☐	☐	☐
28	Made fun of the situation.	☐	☐	☐	☐