

Coping Orientation to Problems Experienced Inventory (Brief-COPE)

The following questions ask how you have sought to cope with a hardship in your life.
Read the statements and indicate how much you have been using each coping style.

I haven't been doing this at all	A little bit	A medium amount	I've been doing this a lot
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1. I've been turning to work or other activities to take my mind off things.
2. I've been concentrating my efforts on doing something about the situation I'm in.
3. I've been saying to myself "this isn't real".
4. I've been using alcohol or other drugs to make myself feel better.
5. I've been getting emotional support from others.
6. I've been giving up trying to deal with it.
7. I've been taking action to try to make the situation better.
8. I've been refusing to believe that it has happened.
9. I've been saying things to let my unpleasant feelings
10. I've been getting help and advice from other people
11. I've been using alcohol or other drugs to help me get through it.
12. I've been trying to see it in a different light, to make it seem more positive.
13. I've been criticizing myself.
14. I've been trying to come up with a strategy about what to do
15. I've been getting comfort and understanding from someone.
16. I've been giving up the attempt to cope.

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17. I've been looking for something good in what is happening.
18. I've been making jokes about it.
19. I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping or shopping.
20. I've been accepting the reality of the fact that it happened.
21. I've been expressing my negative feelings.
22. I've been trying to find comfort in my religion or spiritual beliefs.
23. I've been trying to get advice or help from other people about what to do.
24. I've been learning to live with it.
25. I've been thinking hard about what steps to take.
26. I've been blaming myself for things that have happened.
27. I've been praying or meditating.
28. I've been making fun of the situation.

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Completed:

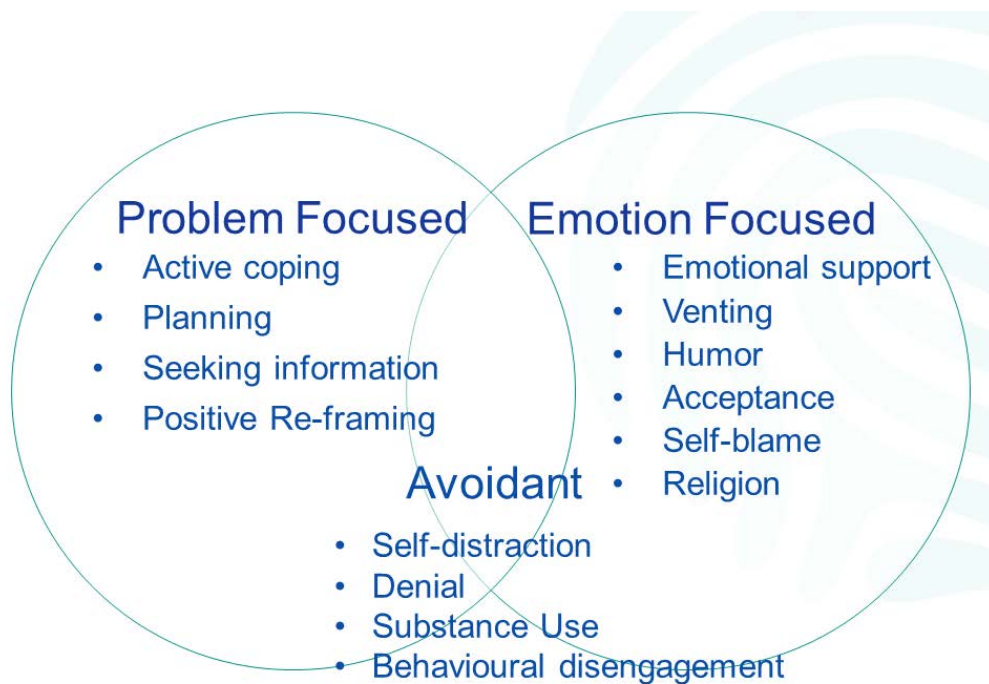
Problem-Focused Coping

Emotion-Focused Coping

Avoidant Coping

Note that the range of values is 1 to 4 if all questions are completed

My Coping Style



Developed by [Richard Lakeman](#) © 2023

Adapted from: Carver, C. S. (1997). You want to measure coping but your protocol is too long: Consider the brief cope. International journal of behavioral medicine, 4(1), 92-100.