

How Do You Cope?

Briefly describe a situation that you experienced recently that you considered stressful. Answer these questions:

What was the event?

Couple week ago, I had due my homework before Sunday night that day internet was not working. I also had to finish my couple of assignment. That time I was so stress out because this is just first couple week.

What made it stressful to you?

Internet because we recently move to the new house and we had internet issue.

Indicate by using this 0–4 scale which methods of coping you found useful:

0 = Not used

1 = Used somewhat

2 = Used quite a bit

3 = Used a great deal

(NOTE TO STUDENT: A “P” indicates problem-focused; an “E” indicates emotion-focused.)

- 1 1. Tried to get the person responsible to change his or her mind. (P)
- 3 2. Tried to keep my feelings to myself. (E)
- 2 3. Criticized or lectured myself. (E)
- 3 4. Changed or grew as a person in a good way. (E)
- 3 5. Stood my ground and fought for what I wanted. (P)
- 3 6. Knew what had to be done, so I doubled my efforts to make things work. (P)
- 0 7. Found new faith. (E)
- 2 8. Made a plan of action and followed it. (P)
- 0 9. Refused to believe it had happened. (E)
- 1 10. Came up with a couple of different solutions to the problem. (P)