

Coping with Stress, Trauma and Loss Assessment – Part 1

When there's a great deal of stress in my life,

Always Often Sometimes Rarely Never

1 2 3 4 5

1. I find an outlet to express my emotions (writing in a journal or blog, playing some music, drawing or painting, etc).
2. I seek out emotional support from others.
3. I try to find the information that I need to understand my situation.
4. I try to spend more time unwinding with friends and/or loved ones.
5. I develop strategies to get me back on track.
6. I set goals to help improve the issue.

A 5x5 grid of circles. A diagonal line of circles runs from the top-left corner to the bottom-right corner. The circles are arranged in a regular grid pattern.

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1 2 3 4 5

7. I try to do the best I can given the constraints of the situation.

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8. I am able to communicate my needs.

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9. My thoughts are consumed by the stressful situation(s).

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10. I find reasons to laugh.

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11. I think of ways that I can change the situation to make it better.

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12. I try to think about how lucky I am when compared with those who have even more difficult problems.

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13. I just stay in bed in sloth mode because I can't deal with my problems.

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14. Even when people want to help me, I reject their offer.

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16. I try to find people who can offer me information or otherwise help me with my problem.

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17. I find myself wasting more time watching television.

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19. I seek out more leisure activities to occupy my time and thoughts.

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20. I get into more arguments than usual.

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21. I blame practically everyone but myself for my problems.

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22. I obsess over my problems.

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23. I experience difficulty sleeping because my mind is racing.

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24. I know how to calm myself down.

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When there's a great deal of stress in my life,

	Always	Often	Sometimes	Rarely	Never
	1	2	3	4	5
25. I end up blowing up at someone.	☐	☐	☐	☐	☐
26. I deny that there is a problem at all.	☐	☐	☐	☐	☐
27. I readjust my existing goals to fit with the new situation.	☐	☐	☐	☐	☐
28. I remind myself to focus on the good things in my life instead of the bad.	☐	☐	☐	☐	☐
29. My thoughts about the situation prevent me from concentrating on other important tasks.	☐	☐	☐	☐	☐
30. I count to ten, take deep breaths, or practice other relaxation techniques.	☐	☐	☐	☐	☐
31. I am unpleasant to be around.	☐	☐	☐	☐	☐

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32. I remind myself that things will eventually get better.	☐	☐	☐	☐	☐
33. I outline a few strategies to resolve the issue and choose the one that seems to be the best.	☐	☐	☐	☐	☐
34. I try to look at the issue from different perspectives.	☐	☐	☐	☐	☐
35. I try to look for the silver-lining.	☐	☐	☐	☐	☐
36. If I think there is some research or other information available about a problem I have, I will seek it out.	☐	☐	☐	☐	☐
37. I join a support group to help me with the problem.	☐	☐	☐	☐	☐
38. I use physical activity as a way to get rid of the pent-up energy.	☐	☐	☐	☐	☐

