



# Approach to Life B

FORM CODE: CSI  
VERSION A 08/08/2000

ID NUMBER:

CONTACT YEAR:

LAST NAME:

INITIALS:

**INSTRUCTIONS:** People often experience events that are unpleasant or stressful. We are interested in how you **TYPICALLY HANDLE OR COPE** with stress. The items below represent thoughts or behaviors that people use to cope with stress. Circle a number next to each item to show how often you cope with stress in that way. If a number is circled incorrectly, mark through it with an "X" and circle the correct response.

Never	Seldom	Some-Times	Often	Almost Always
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- |    |   |   |   |   |   |   |
|----|---|---|---|---|---|---|
| 1. | I make a plan of action and follow it.....                                    | 1 | 2 | 3 | 4 | 5 |
| 2. | I look for the silver lining or try to look on the bright side of things..... | 1 | 2 | 3 | 4 | 5 |
| 3. | I try to spend time alone.....  | 1 | 2 | 3 | 4 | 5 |

Never	Seldom	Some-Times	Often	Almost Always
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- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 4. I hope the problem will take care of itself.....                              | 1 | 2 | 3 | 4 | 5 |
| 5. I try to let my emotions out.....   | 1 | 2 | 3 | 4 | 5 |
| 6. I try to talk about it with a friend or family.....                           | 1 | 2 | 3 | 4 | 5 |
| 7. I try to put the problem out of my mind.....                                  | 1 | 2 | 3 | 4 | 5 |
| 8. I tackle the problem head-on.....   | 1 | 2 | 3 | 4 | 5 |
| 9. I step back from the situation and try<br>to put things into perspective..... | 1 | 2 | 3 | 4 | 5 |
| 10. I tend to blame myself.....  | 1 | 2 | 3 | 4 | 5 |

Never	Seldom	Some-Times	Often	Almost Always
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11. I let my feelings out to reduce the stress..... 1            2            3            4            5

12. I hope for a miracle..... 1            2            3            4            5

13. I ask a close friend or relative  
that I respect for help or advice..... 1            2            3            4            5

14. I try not to think about the problem: ..... 1            2            3            4            5

15. I tend to criticize myself..... 1            2            3            4            5

16. I keep my thoughts and feelings to myself..... 1            2            3            4            5

**FOR ADMINISTRATIVE USE ONLY**

17. Date: 

		/			/				
m	m		d	d		y	y	y	y

18. Administration (A,B,C,D)

19. Code 

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