## Coping Self-Efficacy Scale

When things aren't going well for you, or when you're having problems, how confident or certain are you that you can do the following:

Cannot do		Moderately								Certain
at all		certain can do								can do
0	1	2	3	4	5	6	7	8	9	10

For each of the following items, write a number from 0-10, using the scale above.

When things aren't going well for you, how confident are you that you can:

1.	Keep from getting down in the dumps.	
2.	Talk positively to yourself.	
3.	Sort out what can be changed, and what can not be changed.	
4.	Get emotional support from friends and family.	
5.	Find solutions to your most difficult problems.	
6.	Break an upsetting problem down into smaller parts.	
7.	Leave options open when things get stressful.	
8.	Make a plan of action and follow it when confronted with a problem.	
9.	Develop new hobbies or recreations.	
10.	. Take your mind off unpleasant thoughts.	
11.	. Look for something good in a negative situation.	
12.	. Keep from feeling sad.	
13.	. See things from the other person's point of view during a heated argument.	
14.	. Try other solutions to your problems if your first solutions don't work.	
15.	. Stop yourself from being upset by unpleasant thoughts.	

## When things aren't going well for you, or when you're having problems, how confident or certain are you that you can do the following:

Cannot do at all		Moderately certain can do								Certain can do	
0	1	2	3	4	5	6	7	8	9	10	

- 16. Make new friends.
- 17. Get friends to help you with the things you need.
- 18. Do something positive for yourself when you are feeling discouraged.
- 19. Make unpleasant thoughts go away.
- 20. Think about one part of the problem at a time.
- 21. Visualize a pleasant activity or place.
- 22. Keep yourself from feeling lonely.
- 23. Pray or meditate.
- 24. Get emotional support from community organizations or resources.
- 25. Stand your ground and fight for what you want.
- 26. Resist the impulse to act hastily when under pressure.