

## Assessment:

### Ways of Religious Coping Scale (WORCS)

Scale items:

The following questions relate to how you handle stressful situations in your life. A "stressful" situation is any situation that is difficult or troubling for you, either because you feel distressed about what is happening or because you have to use considerable effort to deal with the situation. The situation may involve your family, your job, your friends, or something else important to you.

Read each statement carefully and indicate how often you engage in the following behaviors when you experience a stressful situation. Indicate your answer by circling the appropriate answer. Please respond to every item.

1. I say prayers.
2. I read scriptures.
3. I attend a religious support group.
4. I allow the holy spirit to direct my actions.
5. I confess to God.
6. I do not pray. R
7. I get support from church/mosque/temple members.
8. I talk to church/mosque/temple leaders.
9. I look for a lesson from God in the situation.
10. I try to be a less sinful person.
11. I pray to God for inspiration.
12. I try to make up for my mistakes.
13. I put my problems in God's hands.
14. I pray for strength.
15. I talk to church/mosque/temple members.
16. I count my blessings.
17. I talk to my minister/preacher/rabbi/priest.
18. I recall a Bible passage.
19. I stop going to religious services. R
20. I get help from clergy.
21. I use a Bible story to help solve a problem.
22. I pray for the help of a religious figure.
23. I solve problems without God's help. R
24. I ask for God's forgiveness.
25. I donate time to a religious cause or activity.
26. I ask my religious leader for advice.
27. I share my religious beliefs with others.
28. I think about Jesus as my friend.
29. I get involved with church/mosque/temple activities.
30. I give money to a religious organization.
31. I base life decisions on my religious beliefs.
32. I find peace by going to a religious place.
33. I ask someone to pray for me.

34. I ask for a blessing.
35. I pray for help.
36. I go to a religious counselor.
37. I work with God to solve problems.
38. I find peace by sharing my problems with God.
39. I stop reading scriptures. R
40. I recite a psalm.

USE THE FOLLOWING RESPONSE CATEGORIES:

0. not used at all/does not apply
1. used sometimes
2. used often
3. used very often
4. used always