

Brief COPE

BRIEF COPE

Patient name: _____ Age: _____

Examiner: _____

The following questions ask how you have sought to cope with a hardship in your life. Read the statements and indicate how much you have been using each coping style. Use the following scale: 1 = I haven't been doing this at all. 2 = I've been doing this a little bit. 3 = I've been doing this a medium amount. 4 = I've been doing this a lot.

I've been turning to work or other activities to take my mind off things.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been concentrating my efforts on doing something about the situation I'm in.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been saying to myself "this isn't real".

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been using alcohol or other drugs to make myself feel better.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been getting emotional support from others.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been giving up trying to deal with it.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been taking action to try to make the situation better.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been refusing to believe that it has happened.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been saying things to let my unpleasant feelings escape.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been getting help and advice from other people.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been using alcohol or other drugs to help me get through it.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been trying to see it in a different light, to make it seem more positive.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been criticizing myself.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been trying to come up with a strategy about what to do.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been getting comfort and understanding from someone.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been giving up the attempt to cope.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been looking for something good in what is happening.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been making jokes about it.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been accepting the reality of the fact that it has happened.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been expressing my negative feelings.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been trying to find comfort in my religion or spiritual beliefs.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been trying to get advice or help from other people about what to do.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been learning to live with it.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been thinking hard about what steps to take.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been blaming myself for things that happened.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been praying or meditating.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I've been making fun of the situation.

☐ 1 ☐ 2 ☐ 3 ☐ 4

Total:

ADDITIONAL NOTES

Additional notes

Name: _____ License number: _____

Contact details: _____

Signature: