

## Coping Adaptation Processing Scale

**Directions:** Sometimes people experience very difficult events or crises in their lives. Below is a list of ways in which people respond to those events. For each item, please circle the number closest to how you personally respond: 1 = never; 2 = rarely; 3 = sometimes; or 4 = always.

"When I experience a crisis, or extremely difficult event, I..."

**1 = NEVER**  
**2 = RARELY**  
**3 = SOMETIMES**  
**4 = ALWAYS**

	Never	Rarely	Sometimes	Always
1. Can follow a lot of directions at once, even in a crisis	1	2	3	4
2. Call the problem what it is and try to see the whole picture	1	2	3	4
3. Gather as much information as possible to increase my options	1	2	3	4
4. Generally try to make everything work in my favor	1	2	3	4
5. Can think of nothing else, except what's bothering me	1	2	3	4
6. Try to get more resources to deal with the situation	1	2	3	4
7. Use humor in handling the situation	1	2	3	4

Go to next page

## Coping Adaptation Processing Scale

"When I experience a crisis, or extremely difficult event, I..."

	Never	Rarely	Sometimes	Always
8. Am more effective under stress	1	2	3	4
9. Take strength from spirituality or the successes of courageous people	1	2	3	4
10. Can benefit from my past experiences for what is happening now	1	2	3	4
11. Try to be creative and come up with new solutions	1	2	3	4
12. Brainstorm as many possible solutions as I can even if they seem far out	1	2	3	4
13. Find I become ill	1	2	3	4
14. Too often give up easily	1	2	3	4
15. Develop a plan with a series of actions to deal with the event	1	2	3	4

**End**