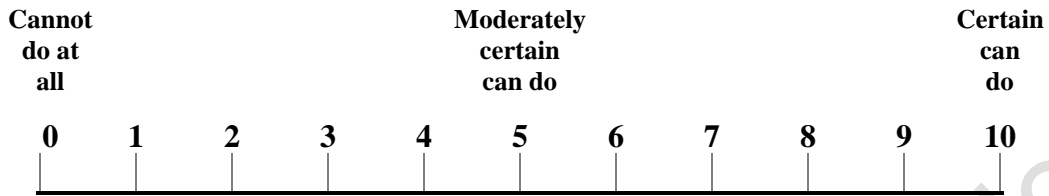


When things aren't going well for you, or when you're having problems, how confident or certain are you that you can do the following:



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:

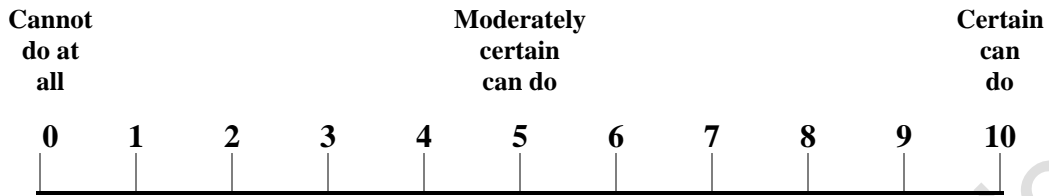
1. Keep from getting down in the dumps. _____
2. Talk positively to yourself. _____
3. Sort out what can be changed, and what can not be changed. _____
4. Get emotional support from friends and family. _____
5. Find solutions to your most difficult problems. _____

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. Stop 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. _____

please go on to next page ➡

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:



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

- 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. _____

To Request Permission for use: Contact Dr. Margaret A. Chesney, margaret.chesney@ucsf.edu.

See: Chesney MA, Neilands TB, Chambers DB, Taylor JM, Folkman S. A validity and reliability study of the coping self-efficacy scale. Br J Health Psychol 2006 Sep; 11(3): 421-37.
<http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=1602207>.

We appreciate copies of manuscripts or conference presentations generated from the use of this scale to help us stay current with its use and to assess its validity and reliability in other populations.