

**University of Pennsylvania and
Northwestern Human Services Research Collaborative**

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|-------------------------|---------------------|-------------------------------|
| Patient No: _____ | Patient Init: _____ | Eval. Code: _____ Sess: _____ |
| Eval. Date: ___/___/___ | | Clinic No: _____ |

WAYS OF RESPONDING QUESTIONNAIRE- SELF REPORT VERSION

The purpose of this questionnaire is to discover how you deal with stressful situations and thoughts. Please read the statements below and circle the number on the scale to the right of the question that best describes how you would deal with the situation.

Positive Compensatory Skills

- | | Never | Sometimes | Fairly Often | Very Often |
|--|-------|-----------|--------------|------------|
| 1. When I'm in a stressful situation, I try to come up with a plan to fix the problem. | 0 | 1 | 2 | 3 |
| 2. In a stressful situation, I sometimes decide to avoid the problem if I believe from past experiences that this situation just cannot be solved. | 0 | 1 | 2 | 3 |
| 3. In a stressful situation, I make a list of different things I could do to fix the situation. | 0 | 1 | 2 | 3 |
| 4. When bad things happen, I'm pretty good at coming up with a specific plan to help me through. | 0 | 1 | 2 | 3 |
| 5. In a stressful situation, I first decide if it's worth the time to try to fix things, or if I should put my effort into more meaningful things. | 0 | 1 | 2 | 3 |
| 6. In a stressful situation, I try to express what I need. | 0 | 1 | 2 | 3 |
| 7. In a stressful situation, I think about lots of different options before I pick the best way to react. | 0 | 1 | 2 | 3 |
| 8. When I'm having a problem, I try to gather information to help me decide the best course of action. | 0 | 1 | 2 | 3 |

Never Sometimes Fairly Often Very Often

9. When I'm trying to deal with a stressful situation, I try to find proof that my plan is a good one. 0 ----- 1----- 2----- 3
10. When I'm in a problematic situation, I try to think about how I can take responsibility for my actions. 0 ----- 1----- 2----- 3
11. When I'm in a problematic situation, I try to think about how I can make up for it and make it right. 0 ----- 1----- 2----- 3
12. When I'm in a problematic situation, I try to think about what I can do to prevent it from happening again. 0 ----- 1----- 2----- 3
13. In a stressful situation, I try to figure out what I was doing wrong so that I can fix it. 0 ----- 1----- 2----- 3
14. In a stressful situation, I think a lot about how I can improve myself to make sure the problem doesn't happen again. 0 ----- 1----- 2----- 3
15. In a stressful situation, I try to think about how I can get help to solve the problem. 0 ----- 1----- 2----- 3
16. In a stressful situation, I encourage myself to do something to improve the situation. 0 ----- 1----- 2----- 3
17. In a stressful situation, I tell myself to relax. 0 ----- 1----- 2----- 3
18. In a stressful situation, I tell myself to wait until things have calmed down before I react. 0 ----- 1----- 2----- 3
19. In a stressful situation, I take a break to clear my head and organize my thoughts before I begin trying to improve the situation. 0 ----- 1----- 2----- 3
20. In a stressful situation, I try to take a break so I can come back fresh and solve the problem at hand. 0 ----- 1----- 2----- 3
21. In a stressful situation, I try to figure out what caused the problem. 0 ----- 1----- 2----- 3
22. When I cause a problem, I try to figure out what I did to contribute to the situation. 0 ----- 1----- 2----- 3

Never Sometimes Fairly Often Very Often

23. In a stressful situation, I try not to react to my first thoughts, but I look for more information and think about alternative explanations for the problem. 0 ----- 1----- 2----- 3
24. Before I jump to conclusions in a problematic situation, I usually try to think about all of the facts first. 0 ----- 1----- 2----- 3
25. When a stressful situation causes me to have negative thoughts about myself or others, I try to think of evidence that proves these thoughts are not true. 0 ----- 1----- 2----- 3
26. After I've come up with one possible explanation for a stressful situation, I also try to think about other explanations. 0 ----- 1----- 2----- 3
27. In a stressful situation, I try to remember that sometimes bad things just can't be helped. 0 ----- 1----- 2----- 3
28. In a stressful situation, I try to remember that it is not necessarily my fault that bad things sometimes happen to me. 0 ----- 1----- 2----- 3
29. When I'm in a stressful situation, I tell myself that it isn't the end of the world. 0 ----- 1----- 2----- 3
30. In a stressful situation, I try to find the good in the situation. 0 ----- 1----- 2----- 3
31. In a stressful situation, I try to remember that I have some things to be thankful for. 0 ----- 1----- 2----- 3
32. In a stressful situation, I try to remember that I am not as bad off as some other people. 0 ----- 1----- 2----- 3
33. If something bad happens to me, I try to figure out what caused it instead of assuming that it is my fault. 0 ----- 1----- 2----- 3
34. In a stressful situation, I try to think of ways to figure out whether my negative assumptions are true. 0 ----- 1----- 2----- 3
35. In a stressful situation, I try to remember that even though I have problems right now, things will definitely get better. 0 ----- 1----- 2----- 3
36. In a stressful situation, I try to stay hopeful that things won't get worse. 0 ----- 1----- 2----- 3

Never Sometimes Fairly Often Very Often

37. In a stressful situation, I try to remember that I may not be perfect, but I am ok the way I am. 0 ----- 1----- 2----- 3
38. In a stressful situation, I try to remember that life isn't fair, but I can deal with it. 0 ----- 1----- 2----- 3
39. When I'm in a stressful situation, I try to spend time around other people to make myself feel better. 0 ----- 1----- 2----- 3

Negative Cognitive Strategies

40. Sometimes I try to just forget about my problems for a while and go have some fun. 0 ----- 1----- 2----- 3
41. In a stressful situation, I have a hard time figuring out what to do to make things better. 0 ----- 1----- 2----- 3
42. When I'm in a stressful situation, I have a problem coming up with specific solutions. 0 ----- 1----- 2----- 3
43. When I'm in a stressful situation, I don't really try to think through different ways to solve the problem. 0 ----- 1----- 2----- 3
44. In a stressful situation, I think it's best to hide my feelings. 0 ----- 1----- 2----- 3
45. In a stressful situation, I can't help but get angry or sad. 0 ----- 1----- 2----- 3
46. If a stressful situation causes me to get upset, I make sure everyone knows how I'm feeling. 0 ----- 1----- 2----- 3
47. When I'm in a stressful situation, I do things that I know I will regret later. 0 ----- 1----- 2----- 3
48. When I'm in a stressful situation, I tell myself to ignore the problem and hope it goes away. 0 ----- 1----- 2----- 3
49. When I'm in a stressful situation, I think that there's no point in trying to fix my problems – they will never go away. 0 ----- 1----- 2----- 3
50. In a stressful situation, I think about how bad things will never stop happening to me. 0 ----- 1----- 2----- 3

| | Never | Sometimes | Fairly Often | Very Often |
|--|-------|-----------|--------------|------------|
| 51. In a stressful situation, I think about how my plan to fix things is definitely not going to work. | 0 | 1 | 2 | 3 |
| 52. In a stressful situation, I often act without thinking. | 0 | 1 | 2 | 3 |
| 53. When dealing with a stressful situation, I would rather do things on my own than ask for help. | 0 | 1 | 2 | 3 |
| 54. When dealing with a stressful situation, I try not to accept help from other people. | 0 | 1 | 2 | 3 |
| 55. In a stressful situation, I usually blame myself. | 0 | 1 | 2 | 3 |
| 56. In a stressful situation, I often think things will never get better. | 0 | 1 | 2 | 3 |
| 57. In a stressful situation, I often think there is nothing I can do. | 0 | 1 | 2 | 3 |
| 58. In a stressful situation, I can't help but think that things can only get worse. | 0 | 1 | 2 | 3 |
| 59. In a stressful situation, I think I am much worse off than other people. | 0 | 1 | 2 | 3 |
| 60. In a stressful situation, I usually think I am a failure. | 0 | 1 | 2 | 3 |
| 61. In a problematic situation, I usually have a hard time thinking about anything else. | 0 | 1 | 2 | 3 |
| 62. When I have a problem, I can't help but think about it all the time. | 0 | 1 | 2 | 3 |
| 63. In a stressful situation, I feel too overwhelmed to actually solve the problem. | 0 | 1 | 2 | 3 |
| 64. In a stressful situation, I let my problems snowball until I feel like everything in my life is going wrong. | 0 | 1 | 2 | 3 |
| 65. In a problematic situation, I can't help but think that the problem is bigger than it really is. | 0 | 1 | 2 | 3 |