

Emotional Coping Style Scale

1	2	3	4	5	6
very untrue of me	somewhat untrue of me	slightly untrue of me	slightly true of me	somewhat true of me	very true of me

Avoidance Coping Style Score (____ /42)

Lower scores reflect a less "avoidance style"

- I avoid situations if there is even a slim chance of getting hurt ____
- I can't allow myself to experience certain types of emotions ____
- I often won't do something if there is a possibility it will upset me ____
- I prefer to stick to what I'm comfortable with, rather than try new things ____
- I try to get rid of unpleasant emotions as soon as possible ____
- If I'm unsure about doing something, I just won't do it ____
- You have to guard yourself against having certain emotions ____

Acceptance Coping Style Score (____ /42)

Higher scores reflect a more "acceptance style"

- When working on something important, I won't quite even when things get difficult ____
- We should face our fears ____
- Even if I have doubts, I continue working towards my goals ____
- When I feel uncomfortable I don't give up working towards things I value ____
- I am willing to put up with pain and discomfort for things that matter to me ____
- I don't let "negative" thoughts stop me from doing what I want ____
- Anxiety or fear won't stop me from doing something that's important to me ____

Note: This is an educational resource and not a clinical diagnostic tool.