

## Coping Flexibility Scale

When we feel stress, we try to cope using various actions and thoughts. The following items describe stress-cope situations. Please indicate how these situations apply to you by choosing one of the following for each situation: “very applicable,” “applicable,” “somewhat applicable,” and “not applicable.”

1. When a stressful situation has not improved, I try to think of other ways to cope with it.
2. I only use certain ways to cope with stress. (R)
3. When stressed, I use several ways to cope and make the situation better.
4. When I haven't coped with a stressful situation well, I use other ways to cope with that situation.
5. If a stressful situation has not improved, I use other ways to cope with that situation.
6. I am aware of how successful or unsuccessful my attempts to cope with stress have been.
7. I fail to notice when I have been unable to cope with stress. (R)
8. If I feel that I have failed to cope with stress, I change the way in which I deal with stress.
9. After coping with stress, I think about how well my ways of coping with stress worked or did not work.
10. If I have failed to cope with stress, I think of other ways to cope.

The Evaluation Coping subscale items are 2, 6, 7, 8, and 9. The Adaptive Coping subscale items are 1, 3, 4, 5, and 10. Reverse coded items are denoted with (R).

Kato, T. (2012). Development of the Coping Flexibility Scale: Evidence for the coping flexibility hypothesis. *Journal of Counseling Psychology, 59*, 262-273. DOI: 10.1037/a0027770.