### APPENDIX - VII

**COPING STRATEGIES CHECKLIST**

<table>
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<tr>
<th>S.NO.</th>
<th>STATEMENTS</th>
<th>ANSWERS</th>
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<tbody>
<tr>
<td>1.</td>
<td>You go over the problem again and again in your mind, to try to understand it.</td>
<td>Yes / No</td>
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<td>2.</td>
<td>Accept it since nothing can be done.</td>
<td>Yes / No</td>
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<td>3.</td>
<td>Talk to a family member who can do something concrete about the problem.</td>
<td>Yes / No</td>
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<td>4.</td>
<td>Get away from the things for a while, take a rest or a vacation.</td>
<td>Yes / No</td>
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<td>5.</td>
<td>Compare yourself with others and feel that you are better off.</td>
<td>Yes / No</td>
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<td>6.</td>
<td>Wish that you could change what has happened.</td>
<td>Yes / No</td>
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<td>7.</td>
<td>Seek reassurance and emotional support from family members.</td>
<td>Yes / No</td>
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<td>8.</td>
<td>Try to make yourself feel better by taking drugs (Mood elevating).</td>
<td>Yes / No</td>
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<td>9.</td>
<td>Visit places of worship, go on a pilgrimage.</td>
<td>Yes / No</td>
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<td>10.</td>
<td>Go on a shopping spree.</td>
<td>Yes / No</td>
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<td>11.</td>
<td>Engage in vigorous physical exercises.</td>
<td>Yes / No</td>
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<td>12.</td>
<td>Anticipate probable outcomes and mentally rehearse them.</td>
<td>Yes / No</td>
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<td>13.</td>
<td>Console yourself that things are not all that bad and could be worse.</td>
<td>Yes / No</td>
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<td>14.</td>
<td>Try your luck at games of chance (Races, Lottery Cards).</td>
<td>Yes / No</td>
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<td>15.</td>
<td>Seek reassurance and support from friends.</td>
<td>Yes / No</td>
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<td>16.</td>
<td>Retreat to a quiet, favourite spot to think things over.</td>
<td>Yes / No</td>
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<td>17.</td>
<td>Try to make yourself feel better by having a drink or two (alcohol).</td>
<td>Yes / No</td>
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<td>18.</td>
<td>Accept the next best thing to what you wanted.</td>
<td>Yes / No</td>
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<tr>
<td>19.</td>
<td>Think about fantastic or unreal things to make your feel</td>
<td>Yes / No</td>
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</table>
20. Try to look on the bright side of things. Yes/No
21. Attend bhajan groups. Yes/No
22. Go for long walks. Yes/No
23. Blame your fate; sometimes you just have bad luck. Yes/No
24. Make yourself feel better by smoking. Yes/No
25. Wear a lucky charm or amulet. Yes/No
26. Talk to a friend who can do something about the problem. Yes/No
27. Pray to God. Yes/No
28. Make light of the situation/refuse to get too serious about it. Yes/No
29. Listen to music for comfort. Yes/No
30. Come up with a couple of different solutions to the problem. Yes/No
31. Try to forget about the whole thing. Yes/No
32. Avoid being with people, seek complete isolation. Yes/No
33. Consult a faith healer. Yes/No
34. Swallow analgesics or minor tranquillizers, not on medical advice. Yes/No
35. Refuse to believe that it happened. Yes/No
36. Attend religious/philosophical discourses and talks. Yes/No
37. Start yoga/meditation; practice yoga/medication. Yes/No
38. Hope a miracle will happen. Yes/No
39. Consult an astrologer. Yes/No
40. Help others in trouble or distress. Yes/No
41. Feel that time will remedy things; the only thing to do is wait. Yes/No
42. Write letters to significant authors. Yes/No
43. Prepare yourself for the worst to come. Yes/No
44. Pace up and down thinking about the problem. Yes/No
45. Turn to work/studies to take your mind off things. Yes/No
46. Seek sexual comfort. Yes/No
47. Find a purpose or meaning in your suffering. Yes / No
48. Spend time in the company of children. Yes / No
49. View the future as bleak and hopeless. Yes / No
50. Write short stories, poetry, etc. Yes / No
51. Blame yourself. Yes / No
52. You know what has to be done, so you double your efforts and try harder to make things work. Yes / No
53. Analyze the problem and solve it bit by bit. Yes / No
54. Make a plan of action and follow it. Yes / No
55. Read popular guidebook for answers to your problems. Yes / No
56. Draw on your past experience of similar situations. Yes / No
57. Take up or indulge in a hobby. Yes / No
58. Sleep more than usual to avoid the problem. Yes / No
59. Read novels, magazines, etc. much more than usual. Yes / No
60. Try to feel better by eating/nibbling. Yes / No
61. Keep your feelings to yourself. Yes / No
62. Make special offerings or perform special pujas. Yes / No
63. Become a member of a group, club or organization, or if already a member, attend to group activities. Yes / No
64. See more movies than usual. Yes / No
65. Seek professional help and do as they recommend. Yes / No
66. Read books on philosophy or religion. Yes / No
67. Compare yourself with others and feel that you are worse off. Yes / No
68. Feel that other people are responsible for what has happened. Yes / No
69. Take a big chance or do something very risky. Yes / No
70. Write to “Question-answer” columns in various magazines. Yes / No