

STRATEGIC APPROACH TO COPING SCALE (SACS)
(General Form)

Describe how much you generally react when faced with a stressful problem. Indicate your answer by responding from "1," "Not at all what I would do" to "5," "Very much what I would do."

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|-----|--|---|---|---|---|---|
| 1. | Don't give up, even when things look their worst, because you can often turn things around. | 1 | 2 | 3 | 4 | 5 |
| 2. | Check with friends about what they would do. | 1 | 2 | 3 | 4 | 5 |
| 3. | Act fast; it is better to throw yourself right into the problem. | 1 | 2 | 3 | 4 | 5 |
| 4. | Try to be in control, but let others think they are still in charge. | 1 | 2 | 3 | 4 | 5 |
| 5. | Depend on yourself and your personal strengths; it's not a good idea to depend on others. | 1 | 2 | 3 | 4 | 5 |
| 6. | Trust your instincts, not your thoughts. | 1 | 2 | 3 | 4 | 5 |
| 7. | Avoid dealing with the problem; things like this often go away on their own. | 1 | 2 | 3 | 4 | 5 |
| 8. | Mount an all-out attack; be aggressive. | 1 | 2 | 3 | 4 | 5 |
| 9. | Check with family about what they would do. | 1 | 2 | 3 | 4 | 5 |
| 10. | Move on to other things; there's little hope for such situations getting better. | 1 | 2 | 3 | 4 | 5 |
| 11. | Depend on your own gut-level reaction. | 1 | 2 | 3 | 4 | 5 |
| 12. | Be very cautious and look very hard at your options (better safe than sorry). | 1 | 2 | 3 | 4 | 5 |
| 13. | Turn to others for help. | 1 | 2 | 3 | 4 | 5 |
| 14. | Go forward, but don't use all your resources until you know full-well what you're up against. | 1 | 2 | 3 | 4 | 5 |
| 15. | Retreat; avoid contact until the problem blows over. | 1 | 2 | 3 | 4 | 5 |
| 16. | Counterattack and catch others off-guard. | 1 | 2 | 3 | 4 | 5 |
| 17. | Join together with others to deal with the situation together. | 1 | 2 | 3 | 4 | 5 |
| 18. | Depend on yourself, but at the same time, rely on others who are close to you. | 1 | 2 | 3 | 4 | 5 |
| 19. | Look out for your own best interests, even if it means hurting others that are involved. | 1 | 2 | 3 | 4 | 5 |
| 20. | Do something to help you avoid thinking about the problem. | 1 | 2 | 3 | 4 | 5 |
| 21. | Others often need to feel they are the boss, so you have to work around them to get things done. | 1 | 2 | 3 | 4 | 5 |
| 22. | Back off and just let the smoke clear. | 1 | 2 | 3 | 4 | 5 |
| 23. | Try to help out others involved, as giving of yourself usually helps solve problems like this. | 1 | 2 | 3 | 4 | 5 |
| 24. | Think carefully about how others feel before deciding what to do. | 1 | 2 | 3 | 4 | 5 |
| 25. | You'll probably feel bad, but there is not much you can do about this sort of thing. | 1 | 2 | 3 | 4 | 5 |
| 26. | Just work harder; apply yourself. | 1 | 2 | 3 | 4 | 5 |

27.	Hold back; as it is better to wait until the smoke clears before any action is taken.	1	2	3	4	5
28.	Go to someone for emotional support.	1	2	3	4	5
29.	Move very cautiously, there may be a hidden agenda.	1	2	3	4	5
30.	Try hard to meet others' wishes as this will really help the situation.	1	2	3	4	5
31.	Move aggressively; often if you get another off-guard, things will work to your advantage.	1	2	3	4	5
32.	If it doesn't get worse, just avoid the whole thing.	1	2	3	4	5
33.	Get out of the situation,; when problems arise, it's usually a sign of worse to come.	1	2	3	4	5
34.	Let others think they are in control, but keep your own hands firmly on the wheel.	1	2	3	4	5
35.	Go with your intuition.	1	2	3	4	5
36.	Assert your dominance quickly.	1	2	3	4	5
37.	Sometimes your only choice is to be a little manipulative and work around people.	1	2	3	4	5
38.	Talk to others to get out your frustrations.	1	2	3	4	5
39.	Act quickly to put others at a disadvantage.	1	2	3	4	5
40.	Break up the problem into smaller parts and deal with them one at a time.	1	2	3	4	5
41.	Try to meet the needs of others who are involved.	1	2	3	4	5
42.	Follow your first impulse; things usually work out best that way.	1	2	3	4	5
43.	Do something to help you calm down and, only then, start problem-solving.	1	2	3	4	5
44.	Look for others' weaknesses and use them to your advantage.	1	2	3	4	5
45.	Take the bull by the horns; adopt a take-charge attitude.	1	2	3	4	5
46.	Ask friends or family for their opinions about your plan of action.	1	2	3	4	5
47.	Focus on something else and let the situation resolve itself.	1	2	3	4	5
48.	Rely on your own judgment because only you have your best interests at heart.	1	2	3	4	5
49.	Be firm; hold your ground.	1	2	3	4	5
50.	Be assertive and get needs met.	1	2	3	4	5
51.	Be strong and forceful, but avoid harming others.	1	2	3	4	5
52.	Directly address the situation; don't back away from problems.	1	2	3	4	5

**Questions 10, 15, 25, and 33 are reverse scored on the assertive action subscale.