

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

Respond to the following questions as they pertain to their stressful event(s) you just mentioned. Indicate how much your reactions are described by each statement from "1," "Didn't do this at all" to "5," "Did this a lot."

1	I didn't give up, even when things look their worst, because you can often turn things around.	1	2	3	4	5
2	I checked with friends about what they would do.	1	2	3	4	5
3	I acted fast; it is better to throw myself right into the problem.	1	2	3	4	5
4	I tried to be in control, but I let others think they were still in charge.	1	2	3	4	5
5	I depended on myself and my personal strengths; it's not a good idea to depend on others.	1	2	3	4	5
6	I trusted my instincts, not my thoughts.	1	2	3	4	5
7	I avoided dealing with the problem; things like this often go away on their own.	1	2	3	4	5
8	I mounted an all-out attack; was aggressive.	1	2	3	4	5
9	I checked with family about what they would do.	1	2	3	4	5
10	I moved on to other things; there's little hope for such situations getting better.	1	2	3	4	5
11	I depended on my gut-level reaction.	1	2	3	4	5
12	I was very cautious and look very hard at my options (better safe than sorry).	1	2	3	4	5
13	I turned to others for help.	1	2	3	4	5
14	I went forward but didn't use all my resources until I knew full well what I was up against.	1	2	3	4	5
15	I retreated; avoided contact until the problem blew over.	1	2	3	4	5
16	I counterattacked and caught others off-guard.	1	2	3	4	5
17	I joined together with others to deal with the situation together.	1	2	3	4	5
18	I depended on myself but at the same time relied on others who are close to me.	1	2	3	4	5
19	I looked out for my own best interests even if it means hurting others.	1	2	3	4	5
20	I did something to help avoid thinking about the problem.	1	2	3	4	5
21	Others needed to feel they are the boss, so I worked around them to get things done.	1	2	3	4	5
22	I backed off and just let the smoke clear.	1	2	3	4	5
23	I tried to help out others involved in the situation, as giving of yourself usually helps solve problems like this.	1	2	3	4	5
24	I thought carefully about how others felt before deciding what to do.	1	2	3	4	5
25	I thought I'd probably feel bad, but there is not much you can do about this sort of thing.	1	2	3	4	5
26	I just worked harder; applied myself.	1	2	3	4	5

27	I held back, as it was better to wait until the smoke cleared before any action was taken.	1	2	3	4	5
28	I went to someone for emotional support.	1	2	3	4	5
29	I moved very cautiously, because I thought there may have been a hidden agenda.	1	2	3	4	5
30	I tried hard to meet others' wishes as this will really help the situation.	1	2	3	4	5
31	I moved aggressively; often if you get another off-guard, things will work to your advantage	1	2	3	4	5
32	It wasn't getting worse, so I avoided the whole thing.	1	2	3	4	5
33	I got out of the situation; when problems arise, it's usually a sign of worse to come.	1	2	3	4	5
34	I let others think they are in control, but kept my own hands firmly on the wheel.	1	2	3	4	5
35	I went with my intuition.	1	2	3	4	5
36	I quickly asserted my dominance.	1	2	3	4	5
37	My only choice was to be a little manipulative and work around people.	1	2	3	4	5
38	I talked to others to get out my frustrations.	1	2	3	4	5
39	I acted quickly to put others at a disadvantage.	1	2	3	4	5
40	I broke up the problem into smaller parts and deal with them one at a time.	1	2	3	4	5
41	I tried to meet the needs of others who were involved.	1	2	3	4	5
42	I followed my first impulse; things usually work out best that way.	1	2	3	4	5
43	I did something to help calm down and, only then, started problem-solving.	1	2	3	4	5
44	I looked for others' weaknesses and used them to my advantage.	1	2	3	4	5
45	I took the bull by the horns; adopted a take-charge attitude.	1	2	3	4	5
46	I asked friends or family for their opinions about my plan of action.	1	2	3	4	5
47	I focused on something else and let the situation resolve itself.	1	2	3	4	5
48	I relied on my own judgment because only I have my best interests at heart.	1	2	3	4	5
49	I was firm; held my ground.	1	2	3	4	5
50	I was assertive and got my needs met	1	2	3	4	5
51	I was strong and forceful, but avoided harming others.	1	2	3	4	5
52	I directly addressed the situation, and didn't back away from the problem.	1	2	3	4	5

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