

Strategic Approach to Coping Scale (SACS)

Subscales

Assertive Action

1. Don't give up, even when things look their worst, because you can often turn things around.
10. Move on to other things; there's little hope for such situations getting better. (-)
15. Retreat; avoid contact until the problem blows over. (-)
25. You'll probably feel bad, but there is not much you can do about this sort of thing. (-)
26. Just work harder; apply yourself.
33. Get out of the situation, when problems arise, it's usually a sign of worse to come. (-)
50. Be assertive and get needs met.
51. Be strong and forceful, but avoid harming others.
52. Directly address the situation; don't back away from problems.

Social Joining

17. Join together with others to deal with the situation together.
23. Try to help out others involved, as giving of yourself usually helps solve problems like this.
24. Think carefully about how others feel before deciding what to do.
30. Try hard to meet other's wishes as this will really help the situation.
41. Try to meet the needs of others who are involved.

Seeking Social Support

2. Check with friends about what they would do.
9. Check with family about what they would do.
13. Turn to others for help.
18. Depend on yourself, but at the same time rely on others who are close to you.
28. Go to someone for emotional support.
38. Talk to others to get out your frustrations.
46. Ask friends or family for their opinions about your plan of action.

Cautious Action

12. Be very cautious and look very hard at your options (better safe than sorry).
14. Go forward but don't use all your resources until you know full well what you're up against.
29. Move very cautiously, there may be a hidden agenda.
40. Break up the problem into smaller parts and deal with them one at a time.
43. Do something to help you calm down and, only then, start problem solving.

Instinctive Action

5. Depend on yourself and your personal strengths; it's not a good idea to depend on others.
6. Trust your instincts, not your thoughts.
11. Depend on your own gut-level reaction.

- 35. Go with your intuition.
- 42. Follow your first impulse; things usually work out best that way.
- 48. Rely on your own judgment because only you have your best interests at heart.

Avoidance

- 7. Avoid dealing with the problem, things like this often go away on their own.
- 20. Do something to help you avoid thinking about the problem.
- 22. Back off and just let the smoke clear.
- 27. Hold back, as it is better to wait until the smoke clears before any action is taken.
- 32. If it doesn't get worse, just avoid the whole thing.
- 47. Focus on something else and let the situation resolve itself.

Indirect Action

- 4. Try to be in control, but let others think they are still in charge.
- 21. Others often need to feel they are the boss, so you have to work around them to get things done.
- 34. Let others think they are in control, but keep your own hands firmly on the wheel.
- 37. Sometimes your only choice is to be a little manipulative and work around people.

Antisocial Action

- 16. Counterattack and catch others off-guard.
- 19. Look out for your own best interests even if it means hurting others that are involved.
- 36. Assert your dominance quickly.
- 39. Act quickly to put others at a disadvantage.
- 44. Look for other's weaknesses and use them to your advantage.

Aggressive Action

- 3. Act fast; it is better to throw yourself right into the problem.
- 8. Mount an all-out attack; be aggressive.
- 31. Move aggressively; often if you get another off-guard, things will work to your advantage.
- 45. Take the bull by the horns; adopt a take-charge attitude.
- 49. Be firm; hold your ground.

(-) = negatively keyed items