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."

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.**