

When faced with problems or feeling stressed, how often do you...

	Almost Never	Sometimes	Often	Almost Always
D1. Try to be funny and act like it's not serious.	0	1	2	3
D2. Eat food.	0	1	2	3
D3. Go shopping and buy things you like, but don't need.	0	1	2	3
D4. Organize your life and what you have to do, for example, make a list of chores or assignments.	0	1	2	3
D5. Talk to someone you trust about what's bothering you (e.g., partner, minister, priest, friend, relative)	0	1	2	3
D6. Watch TV	0	1	2	3
D7. Sleep	0	1	2	3
D8. Smoke cigarettes	0	1	2	3
D9. Drink alcohol	0	1	2	3
D10. Do physical activities such as going for a walk or run, a bike ride, aerobics, etc.	0	1	2	3
D11. Yell at others.	0	1	2	3
D12. Get into an argument.	0	1	2	3
D13. Read a book.	0	1	2	3
D14. Take medication to calm you down.	0	1	2	3
D15. Count to ten	0	1	2	3
D16. Breathe deeply	0	1	2	3
D17. Meditate	0	1	2	3
D18. Pray	0	1	2	3
D19. Use Recreational Drugs (e.g., weed)	0	1	2	3
D20. Other (Please describe): [enter as is]				