

Styles of Coping Word-Pairs

Read each word-pair in each row and place a check-mark next to the word that best describes you. Make sure you pick only ONE word or phrase in each row.

If you are unsure which word best describes you, imagine what your friends or family members might say about you. If neither of the words describe you—pick the one that is the closest to how you would describe yourself. Make sure you pick one word from each row.

| A | | B | |
|-------------------------|--------------------------|----------------------|--------------------------|
| Impulsive | <input type="checkbox"/> | Deliberate | <input type="checkbox"/> |
| Impractical | <input type="checkbox"/> | Practical | <input type="checkbox"/> |
| Naïve | <input type="checkbox"/> | Worldly | <input type="checkbox"/> |
| Vulnerable | <input type="checkbox"/> | Aloof | <input type="checkbox"/> |
| Risky | <input type="checkbox"/> | Prudent | <input type="checkbox"/> |
| Talkative | <input type="checkbox"/> | Quiet | <input type="checkbox"/> |
| Disobedient | <input type="checkbox"/> | Dutiful | <input type="checkbox"/> |
| Fanciful | <input type="checkbox"/> | Realistic | <input type="checkbox"/> |
| Fickle | <input type="checkbox"/> | Constant | <input type="checkbox"/> |
| Act without thinking | <input type="checkbox"/> | Think before acting | <input type="checkbox"/> |
| Animated | <input type="checkbox"/> | Restrained | <input type="checkbox"/> |
| Changeable Mood | <input type="checkbox"/> | Stable Mood | <input type="checkbox"/> |
| Haphazard | <input type="checkbox"/> | Orderly | <input type="checkbox"/> |
| Wasteful | <input type="checkbox"/> | Frugal | <input type="checkbox"/> |
| Affable | <input type="checkbox"/> | Reserved | <input type="checkbox"/> |
| Impressionable | <input type="checkbox"/> | Not easily Impressed | <input type="checkbox"/> |
| Erratic | <input type="checkbox"/> | Predictable | <input type="checkbox"/> |
| Complaining | <input type="checkbox"/> | Uncomplaining | <input type="checkbox"/> |
| Reactive | <input type="checkbox"/> | Unreactive | <input type="checkbox"/> |
| Careless | <input type="checkbox"/> | Fastidious | <input type="checkbox"/> |
| Playful | <input type="checkbox"/> | Earnest | <input type="checkbox"/> |
| Intoxicated | <input type="checkbox"/> | Clear-headed | <input type="checkbox"/> |
| Self-indulgent | <input type="checkbox"/> | Self-controlled | <input type="checkbox"/> |
| Laid-back | <input type="checkbox"/> | Hard-working | <input type="checkbox"/> |
| Unconventional | <input type="checkbox"/> | Conventional | <input type="checkbox"/> |
| Dramatic | <input type="checkbox"/> | Modest | <input type="checkbox"/> |
| Brash | <input type="checkbox"/> | Unobtrusive | <input type="checkbox"/> |
| Obvious | <input type="checkbox"/> | Discreet | <input type="checkbox"/> |
| Vacillating | <input type="checkbox"/> | Determined | <input type="checkbox"/> |
| Unrealistic | <input type="checkbox"/> | Sensible | <input type="checkbox"/> |
| Gullible | <input type="checkbox"/> | Shrewd | <input type="checkbox"/> |
| Unpredictable | <input type="checkbox"/> | Dependable | <input type="checkbox"/> |
| Dependent | <input type="checkbox"/> | Independent | <input type="checkbox"/> |
| Improper | <input type="checkbox"/> | Proper | <input type="checkbox"/> |
| Chaotic | <input type="checkbox"/> | Organized | <input type="checkbox"/> |
| Susceptible | <input type="checkbox"/> | Impervious | <input type="checkbox"/> |
| Unstable | <input type="checkbox"/> | Steadfast | <input type="checkbox"/> |
| Volatile | <input type="checkbox"/> | Undemonstrative | <input type="checkbox"/> |
| Excitable | <input type="checkbox"/> | Stoical | <input type="checkbox"/> |
| Lax | <input type="checkbox"/> | Precise | <input type="checkbox"/> |
| Unsystematic | <input type="checkbox"/> | Structured | <input type="checkbox"/> |
| Thoughtless | <input type="checkbox"/> | Thoughtful | <input type="checkbox"/> |
| Inattentive | <input type="checkbox"/> | Attentive | <input type="checkbox"/> |
| Short-lived | <input type="checkbox"/> | Enduring | <input type="checkbox"/> |
| Perky | <input type="checkbox"/> | Despondent | <input type="checkbox"/> |
| Passionate | <input type="checkbox"/> | Indifferent | <input type="checkbox"/> |
| Immediate gratification | <input type="checkbox"/> | Delay gratification | <input type="checkbox"/> |
| TOTAL score A | | TOTAL score B | |

Styles of Coping Word-Pairs Scoring Instructions

Tally up the number of checks in each column—the column with the greatest number represents your overall personality style*.

If you have a higher score for column A, this indicates you tend to be more under-controlled.

If you have a higher score for column B, this indicates you tend to be more over-controlled.

*Note: This scale measures overall personality styles. A high score on either subscale does not necessarily indicate maladaptive over-controlled or maladaptive under-controlled coping. For assessing maladaptive over-controlled coping, the OC self-report trait scale should be used.
