# **Assessing Styles of Coping: Word-Pair Checklist**

*Instructions:* Read the pair of words or phrases in each row under columns A and B. For each row, place a checkmark in the box next to the word or phrase that is more descriptive of you. Check only one box for each of the paired words or phrases (that is, use only one checkmark per row). If you are not sure which of the two choices better describes you, imagine what your friends or family members might say about you.

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

**Scoring Instructions**

To get your score, add up the number of checkmarks in each column. The column with more checkmarks represents your *overall* personality style, with a higher score for column A indicating a tendency to be more undercontrolled, and a higher score for column B indicating a tendency to be more overcontrolled, but a high score for either column does not necessarily indicate *maladaptive* undercontrolled or overcontrolled coping.