

Name _____

Rank your coping styles in in order of preference in squares on the left column, so that 5 marks your most preferred, frequently used style and 1 your least preferred style of coping in problem situations. Compare the order to scores derived from WOPI Coping style questionnaire which you may mark in the squares in the right hand column.

WOPI **COPING STYLES** English

DIRECT ACTION WOPI Coping style questionnaire

Direct action means direct, unhesitating action upon the stressor or problem, “taking the bull by its horns”. Direct action is mostly considered a constructive style, focused on solving the problem. Instead of avoiding it the person has courage to confront the problem and attempt to influence or change the situation in some concrete way. Obviously, very strong and straightforward action may turn out to be less effective. In ambiguous and sensitive situations such as involving interpersonal conflicts, it may be better first to refrain from strong action, examine the situation with a calm eye (cf. planning) and only then initiate solution efforts.

INTERACTION WOPI Coping style questionnaire

Interaction means the ability to receive and actively seek support from others as well as express feelings of frustration at other people. Inability to use interaction reflects an exclusively self-relying, “tooth biting” style often related to the traditional male role. Interaction is targeted both at emotional control and solving problems in stressful situations. Social interaction enhances problem solving, leads to concrete support, maintains and lifts up one’s mood. Obviously, exclusive emphasis on social interaction may reflect excessive dependence on others when direct action or calm planning would be more effective.

PLANNING WOPI Coping style questionnaire

Planning means cool, rational analysis of the stress or problem situation and weighing of alternative solutions. Planning and perspective taking are almost always considered as constructive, problem solving styles of coping in stressful situations. It is always important to take an objective look at the situation and, instead of being driven by emotions, to view the problem in its right proportions. Obviously, overemphasis or exclusive reliance on planning may lead to intellectualization or procrastinating the problem when direct action would be more effective.

DETACHMENT WOPI Coping style questionnaire

Detachment means a tendency, but also an ability to avoid excessive stress. Inability to detach oneself from problems has been viewed as an "occupational disease" of health and patient care professionals with the risk of ultimately burning out. It is a coping style focused on emotional control although a reasonable amount of detachment enhances wellbeing. In other words, an individual should not hoard all the world’s sorrows but be able to, at least occasionally take a break from timely problems. People should be able to take on other activities and not be perpetually burdened by worries. Obviously, overly strong detachment may indicate fleeing or denial of problems which may in the longer run have unfavorable consequences.

FOCUS ON SELF WOPI Coping style questionnaire

Focus on oneself refers to the person's tendency in stressful problem situations to shift his/her attention to oneself. It is mainly a coping style serving the control of emotions but self-reflection may also be constructive and serve problem solving. It is clearly serving emotional control when the person has given up the use of the more active styles of coping and turns his/her attention to oneself. In such case, the person can easily fall into self-denigration, even blame him/herself for causing the problem, something that has been seen more a characteristic of women than men. In contrast, constructive ends are served when the focus on oneself involves brave encountering of difficult issues and pain and thereby leading to enhanced self-understanding and permanently stronger coping in problem situations. This is also one central goal in psychotherapy.