

## COPING STYLES\*

**Purpose:** To illustrate the four coping styles.

**Directions:** Read the description of coping styles and fill in the blanks as indicated. In coping we deny that a stressful incident is a threat to our self-esteem. The styles are four attitudes about how we should cope and involve the way we think and feel, as well as how we are disposed to act. For example:

COPING STYLE:	THINKING	FEELING	ACTING
<b><i>BLAMING</i></b>	You are wrong! It's all your fault!	Frustration, Disappointment.	Rigid, pointing, Attack position.
<b><i>Placating</i></b>	I'm sorry. Please don't be upset with me.	Apologetic, Anxious, Tense.	Pleading pose, On knees, Submissive.
<b><i>Intellectual</i></b>	Right & wrong are ethical values. Fault is relative.	Cool, absent, Detached. Above it all.	Stiff and Superior, Out of touch.
<b><i>Irrelevant</i></b>	Right & wrong are a song? Faulty, salty.	Muddled, Erratic, Powerlessness.	Disjointed, Constant movement, Attention-getting.

### FILL IN THE BLANK:

I blame when \_\_\_\_\_

I placate when \_\_\_\_\_

I intellectualize when \_\_\_\_\_

I am irrelevant when \_\_\_\_\_

I use \_\_\_\_\_ most often when stressed.

I use \_\_\_\_\_ next most often when stressed.

I use \_\_\_\_\_ least often when stressed.

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\* Derived from the work of Virginia Satir