

Positive reframing subscale

Taken from the brief COPE inventory: Carver, C. S. (1997). You want to measure coping but your protocol's too long: Consider the Brief COPE. International Journal of Behavioural Medicine, 4, 92-100

This question measures the extent to which someone can think positively about their situation. Positive reframing is an important coping strategy that can help people to overcome stressful situations in their lives and was highlighted as an important factor in recovery by service users.

These questions deal with ways you've been coping with things in your life. Try to think about how much and how frequently you are doing the following and place a tick in the relevant box.

	I haven't been doing this at all	I've been doing this a little bit	I've been doing this a medium amount	I've been doing this a lot
I've been trying to see things in a different light, to make it seem more positive.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been looking for something good in things that happening.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring:

- 1 = I haven't been doing this at all
- 2 = I've been doing this a little bit
- 3 = I've been doing this a medium amount
- 4 = I've been doing this a lot