I turned to work or other activities to take my mind off things.
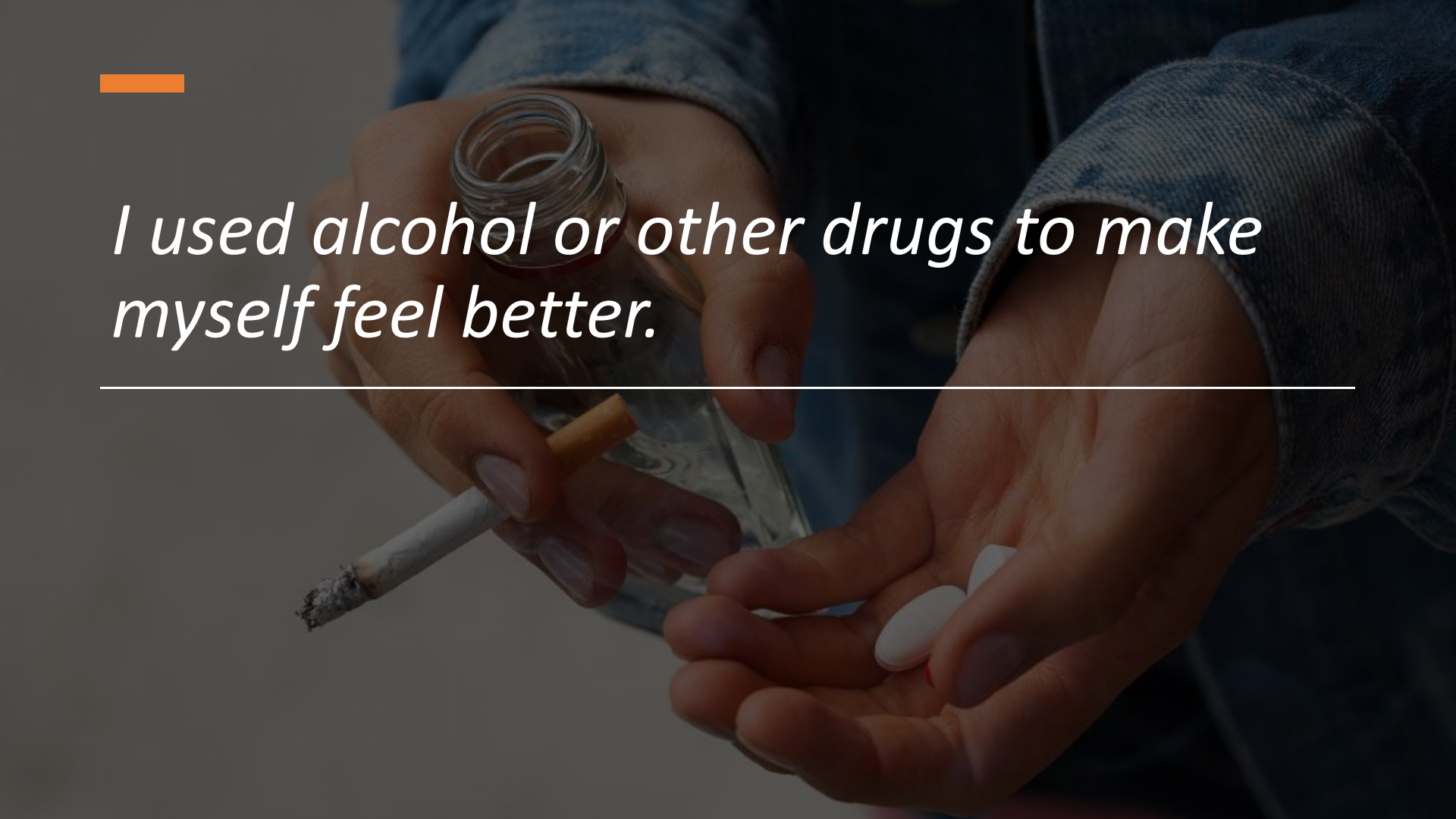
I concentrated my efforts on doing something about the situation I'm in.

I said to myself "this isn't real."

I used alcohol or other drugs to make myself feel better.

I got emotional support from others.

I gave up trying to deal with it.

I took action to try to make the situation better.

I refused to believe that it has happened.

I said things to let my unpleasant feelings escape.

I used alcohol or other drugs to help me get through it.

I tried to come up with a strategy about what to do.

I got comfort and understanding from someone.

I gave up the attempt to cope.

I looked for something good in what is happening.

I made jokes about it.

I did something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.

I accepted the reality of the fact that it has happened.

I expressed my negative feelings.

I tried to find comfort in my religion or spiritual beliefs.

I learned to live with it.

I thought hard about what steps to take.

I prayed or meditated.

I made fun of the situation.

I tried to get advice or help from other people about

what to do.

I got help and advice from other people.

I criticized myself.

I blamed myself for things that happened.