

Coping Styles

Problem-focused → the attempt to understand, define, & solve a problem. Can be outer directed (i.e., try to alter the situation or behavior of others) or inner directed (i.e., consider our attitudes & needs & develop new skills & responses)

Emotion-focused → our attempts to manage distress. May involve: physical exercise, meditation, prayer, expressing feelings, or seeking support.

When we believe we can do something about a problem, we are more likely to engage in problem-focused coping. When the problem appears beyond our control, we tend to rely on emotion-focused coping.