



Everyone gets confronted with negative or unpleasant experiences and everyone responds to them in his or her own way. Have a look at the following statements below where you are asked to indicate what you generally think when you experience negative or unpleasant events.

Let's begin by thinking of a negative event or situation you have experienced recently. Could you write below what this was:

EVENT:

Now read the sentences and indicate how often you have/had the following thoughts about this event by placing a cross (x) in the true or false column.

Thought about the event	True	False
I feel that I am the one to blame for it		
I think of something nice instead of what has happened		
I think about the mistakes others have made in this matter		
I think that I must learn to live with it		
I want to understand why I feel the way I do about what I have experienced		
I continually think how horrible the situation has been		
I feel that I am the one who is responsible for what has happened		
I think that it all could have been much worse		
I look for the positive sides to the matter		
I think that other people go through much worse experiences		
I dwell upon the feelings the situation has evoked in me		
I think of what I can do best		
I feel that others are to blame for it		

I think that I cannot change anything about it		
I often think that what I have experienced is the worst that can happen to a person		
I think about the mistakes I have made in this matter		
I think that it hasn't been too bad compared to other things		
I think about pleasant experiences		
I think that basically the cause must lie within myself		
I keep thinking about how terrible it is what I have experienced		
I think I can learn something from the situation		
I feel that basically the cause lies with others		
I tell myself that there are worse things in life		
I feel that others are responsible for what has happened		
I think that I have to accept that this has happened		
I think of pleasant things that have nothing to do with it		
I think about how I can best cope with the situation		
I often think about how I feel about what I have experienced		
I think that I can become a stronger person as a result of what has happened		
I think about how to change the situation		
I often think that what I have experienced is much worse than what others have experienced		
I think that I have to accept the situation		
I think of nicer things than what I have experienced		
I think about a plan of what I can do best		
I think that the situation also has its positive sides		
I am preoccupied with what I think and feel about what I have experienced		

Meaning of the CERQ scales

The CERQ distinguishes nine different cognitive coping strategies, of which, independently from one another, clinical psychological literature has established their association with psychopathology. These are:

1. Self-blame, referring to thoughts of blaming yourself for what you have experienced (Anderson, Miller, Riger & Sedikides, 1994);
2. Other-blame, referring to thoughts of putting the blame for what you have experienced on others (Tennen & Affleck, 1990).
3. Rumination, referring to thinking all the time about the feelings and thoughts associated with the negative event (Nolen-Hoeksema, Parker & Larson, 1994);
4. Catastrophizing, referring to or explicitly emphasizing the terror of the experience (Sullivan, Bishop and Pivik, 1995)
5. Positive Refocusing, which refers to thinking of other, pleasant matters instead of the actual event (Endler & Parker, 1990);
6. Acceptance, referring to thoughts of resigning to what has happened (Carver, Scheier & Weintraub, 1989)
7. Refocus on Planning, or thinking about what steps to take in order to deal with the event (Carver, et al., 1989; Folkman & Lazarus, 1989);
8. Positive Reappraisal, or thinking of attaching a positive meaning to the event in terms of personal growth (Carver, et al, 1989; Spirito, Stark & Williams, 1988);
9. Putting into Perspective or thoughts of playing down the seriousness of the event when compared to other events (Allan & Gilbert, 1995)

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