

Coping with Trouble SELF TEST

After you read each statement, circle the number that indicates how often the statement applies to you.

1 = Never 2 = Occasionally 3 = Fairly Often 4 = Very Often 5 = Always

1. When it comes to deciding how to solve a problem, God and I work together as partners.

Never 1 2 3 4 5 Always

2. After I've gone through a rough time, I try to make sense of it without relying on God.

Never 1 2 3 4 5 Always

3. In carrying out solutions to my problems, I wait for God to take control and know somehow He will work it out.

Never 1 2 3 4 5 Always

4. When faced with trouble, I deal with my feelings without God's help.

Never 1 2 3 4 5 Always

5. When a situation makes me anxious, I wait for God to take those feelings away.

Never 1 2 3 4 5 Always

6. Together, God and I put my plans into action.

Never 1 2 3 4 5 Always

7. I do not think about different solutions to my problems because God provides them for me.

Never 1 2 3 4 5 Always

8. When I feel nervous or anxious about a problem, I work with God to find a way to relieve my worries.

Never 1 2 3 4 5 Always

9. When thinking about a difficulty, I try to come up with possible solutions without God's help.

Never 1 2 3 4 5 Always