**Discrimination Coping Strategies Scale**

Umaña-Taylor, Vargas-Chanes, Garcia, & Gonzales-Backen, 2008

Prompt: Sometimes people experience discrimination or negative remarks about their ethnic or racial background. There are different ways that people can deal with these situations. From the choices below, which do you think is the **best** way of dealing with this? Circle the number next to the strategy that you think is best (think about what you think is best, **not necessarily what you have done**)—choose only **ONE**:

|  |  |
| --- | --- |
| 1 | Talk to the person; clarify common misconceptions about ethnic groups. |
| 2 | Just think about all of the positive things that you have to offer and being proud of who you are--who cares what people think. |
| 3 | Work hard to prove them wrong. |
| 4 | Say something back to the person; if they are being rude, you should be rude right back. |
| 5 | Ignore it; just forget about it and go on with your life. There’s nothing you can really do about it. |

**Now, think about what you’ve actually done…**

1. How often have you used the strategy of talking to the person to clarify the misconception or stereotype?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never |  | Sometimes |  | Very Often |

2. How often have you used the strategy of just thinking about all of the positive things that you have to offer and being proud of who you are?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never |  | Sometimes |  | Very Often |

3. How often have you used the strategy of working hard to prove discriminatory people wrong?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never |  | Sometimes |  | Very Often |

4. How often have you used the strategy of dealing with discrimination by saying something rude right back to the person?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never |  | Sometimes |  | Very Often |

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5. How often have you used the strategy of ignoring the situation?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never |  | Sometimes |  | Very Often |

**Scale Scoring:**

Proactive coping items: 1, 2, 3

Aggressive coping item: 4

Passive coping item: 5