

Line-up of the original items and our backtranslated german items

original response categories:

- 0 = never used
- 1 = rarely used
- 2 = sometimes used
- 3 = regularly used

our backtranslated version (we used one more category)

- 0 = never used
- 1 = rarely used
- 2 = sometimes used
- 3 = frequently used
- 4 = always used

	original version (Neacsiu)	back translation of the German version
1	Focused on the good aspects of my life and gave less attention to negative thoughts or feelings	... I concentrated on the positive aspects of my life and paid little attention to negative thoughts or feelings
2	Told myself how much I have already accomplished.	...I told myself how much I have already achieved.
3	Tried to get centered before taking any action.	...I endeavored to pause for a moment and get my thoughts in order before I act.
4	Made sure I respond in a way so that I could still respect myself afterwards.	... I behaved in such a way that I could look at myself in the mirror afterwards.
5	Focused on the good things in my life.	...I concentrated on the good things in my life.
6	Accepted my strong feelings, but did not let them interfere with other things too much.	...I accepted my intense emotions, but did not allow them to hinder or interfere with other things.
7	Increased the number of pleasant things in my life so that I had a more positive outlook.	... I tried to increase the amount of pleasant things in my daily life in order to experience positive feelings more often
8	Made a plan of action and followed it.	... I created a plan and stuck to it.
9	Made sure to take care of my body and stay healthy so that I was less emotionally sensitive.	... I took care of my body and my health to be less emotionally vulnerable.
10	Found something beautiful to look at to make me feel better.	... I looked for something nice to look at to feel better.
11	Stepped back and tried to see things as they really are.	...I at first tried to inwardly take a step back in order to judge things more objectively from a greater distance.
12	Concentrated on something good that could come out of the whole thing.	...I tried to gain something positive from the matter.
13	Came up with a couple of different solutions to my problem.	...I came up with a number of different solutions to my problem.
14	Pampered myself with something that felt good to touch (e.g. a bubble bath or a hug)	... I pampered myself with something that feels pleasant (e.g. a bubble bath or a hug)
15	Talked to someone about how I've been feeling	... I told someone how I felt.
16	Focused my energy on helping others	... I used my energy to help others.
17	Just took things one step at a time.	... I took things one step at a time.
18	Changed something about myself so that I could deal with the situation better.	... I changed something about myself so that I could deal with the situation in a better way.
19	Did something to feel a totally different emotion (like gone to a funny movie)	... I did something in to feel different (e.g. watched a funny movie)
20	Tried not to act too hastily or follow my own hunch.	... I tried to not rush things and follow my first impulse.
21	Talked to someone to find out about the situation.	... I talked to someone in order to understand the situation more precisely.
22	Been aware of what has to be done, so I've been doubling my efforts and trying harder to make things work.	... I recognized what needed to be done, thus doubled my effort and tried even harder to handle the situation successfully.
23	Occupied my mind with something else.	... I distracted myself with something else.
24	Made sure I'm responding in a way that doesn't alienate others.	... I paid attention to act in a way that I would not exasperate or alienate others against me.
25	Talked to someone who could do something concrete about the problem.	... I spoke to someone who could actually change something about the problem itself.
26	Told myself things could be worse.	... I told myself that it could be even worse.
27	Tried to distract myself by getting active.	... I tried to distract myself with activities.
28	Counted my blessings.	... I was grateful for what I have.
29	Changed something so things would turn out right.	... I changed something in a way that things turned out well in the end.
30	Accepted the next best thing to what I wanted.	... I contented myself with a compromise.

31	Stood my ground and fought for what I wanted.	... I was assertive and fought for what I wanted.
32	Treated myself to something really tasty.	... I indulged myself with something tasty.
33	Soothed myself by surrounding myself with a nice fragrance of some kind.	... I calmed myself by surrounding myself with a pleasant smell.
34	Tried not to burn my bridges behind me, but leave things open somewhat.	... I endeavored to not burn all my bridges, but to leave different options open.
35	Thought how much better of I was than others.	... I made myself aware that I am much better off than some others.
36	Compared myself to others who are less fortunate.	... I compared myself to people who are worse off than me.
37	Bargained or compromised to get something positive from the situation.	... I negotiated or made a compromise to gain something positive from the situation.
38	Listened to or played music that I found relaxing.	... I listened to relaxing music or played it myself.
39	Whished that I could change the way that I felt.	... I wished I could change the way I feel.
40	Whished the situation would go away or somehow be finished.	... I wished that the situation would just disappear or be over.
41	Blamed myself.	... I put the blame on myself.
42	Kept others from knowing how bad things were.	... I kept quiet about how difficult the situation was for me.
43	Felt bad that I couldn't avoid the problem.	... I felt bad because I could not prevent the problem.
44	Avoided people.	... I went out of the way of others and avoided meeting people.
45	Criticized or lectured myself.	... I criticized or blamed myself.
46	Whished that I could change what had happened.	... I wished that I could undo what had happened.
47	Avoided my problem.	... I avoided dealing with my problem.
48	Whished I were a stronger person – more optimistic and forceful.	... I wished to be a stronger and more optimistic person.
49	Tried to make myself feel better by eating, drinking, smoking, taking medications etc.	... I ate, drank alcohol or smoked in order to feel better.
50	Refused to believe that it had happened.	... I refused to believe that it had happened.
51	Kept feelings to myself.	... I kept my feelings to myself.
52	Gone on as if nothing had happened.	... I carried on as if nothing had happened.
53	Hoped a miracle would happen.	... I hoped for a miracle to happen.
54	Blamed others.	... I blamed other people.
55	Found out what other person was responsible.	... I searched for the responsibility in others.
56	Got mad at the people or things that caused the problem.	... I became angry at the people or things that had caused the problem.
57	Figured out who to blame.	... I contemplated who was at fault.
58	Thought that others were unfair to me.	... I thought that others treated me unfairly.
59	Took it out on others.	... I took it out on others.