

DBT-Ways of Coping Checklist

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The original instructions of DBT-Ways of Coping Checklist, Lithuanian version of the instructions and the back-translation:

Original

The items below represent ways that you may have coped with stressful events in your life. We are interested in the degree to which you have used each of the following thoughts or behavior to deal with problems and stresses.

Lithuanian

Žemiau pateikti teiginiai atspindi būdus, kuriais, galbūt, tvarkėtės su Jūsų gyvenime nutikusiais stresą sukėlusiais įvykiais. Mums įdomu, kaip dažnai Jūs naudojote kiekvieną iš žemiau išvardintų minčių ar elgesio būdų bandant susitvarkyti su problemomis ir stresu.

Back-translation

The following statements reflect how you may have dealt with stressful events in your life. We are interested in how often you have used each of the following thoughts or behaviours to try to cope with problems and stress.

Original

Think back on the LAST ONE MONTH in your life. Then check the appropriate number if the thought/behavior is: never used, rarely used, sometimes used, or regularly used (i.e., at least 4 to 5 times per week). Don't answer on the basis of whether it seems to work to reduce stress or solve problems – just whether or not you use the coping behavior. Use these response choices. Try to rate each item separately in your mind from the others. Make your answers as true FOR YOU as you can.

Lithuanian

Prisiminkite **PASKUTINJ MĖNESJ**. Tada pažymėkite atitinkamą skaičių, jei mintis/elgesys buvo: niekada nenaudojama (-as), retai naudojama (-as), kartais naudojama (-as) arba reguliariai naudojama (-as) (t.y., bent 4 - 5 kartus per savaitę). Atsakinėdamas (-a) neatsižvelkite į tai, ar Jums atrodo, jog toks elgesys padeda sumažinti stresą ar išspręsti problemas, o tik atsakykite, ar taip elgėtės, ar ne. Naudokite pateiktus atsakymų variantus. Stenkitės mintyse įvertinti kiekvieną teiginį atskirai nuo kitų. Pasistenkite, kad atsakymai kuo labiau atspindėtų JŪSŲ patirtį.

Back-translation

Remember the **LAST MONTH**. Then circle the appropriate number if the thought/behavior was: never used, rarely used, sometimes used, or regularly used (i.e. at least 4 to 5 times a week). Do not answer whether or not you feel that this behaviour helps to reduce stress or solve problems, but only whether or not you have done it. Use the answer options provided. Try to mentally evaluate each statement separately from the others. Try to make the answers reflect YOUR experience as much as possible.

DBT-Ways of Coping Checklist original items, Lithuanian version and back-translation:

1.	Original	Bargained or compromised to get something positive from the situation.
	Lithuanian	Derėjau ar priėmiau kompromisą, siekdamas (-a) iš situacijos gauti ką nors teigiamo.
	Back-translation	Negotiated or made a compromise to get something positive out of the situation.
2.	Original	Counted my blessings.
	Lithuanian	Stengiausi pasidžiaugti gerais dalykais.
	Back-translation	Tried to enjoy the good things.
3.	Original	Blamed myself.
	Lithuanian	Kaltinau save.
	Back-translation	Blamed myself.
4.	Original	Concentrated on something good that could come out of the whole thing.
	Lithuanian	Susitelkiau į tai, kas gero gali iš kokio nors dalyko gautis.
	Back-translation	Focused on the good that could come out of something.
5.	Original	Kept feelings to myself.
	Lithuanian	Pasilaikiau jausmus sau.
	Back-translation	Kept my feelings to myself.
6.	Original	Made sure I'm responding in a way that doesn't alienate others.
	Lithuanian	Užtikrinau, kad reaguoju neatstumiančiu kitų būdu.
	Back-translation	Made sure that I reacted in a way that did not push others away.
7.	Original	Figured out who to blame.
	Lithuanian	Radau ką kaltinti.
	Back-translation	Found someone to blame.
8.	Original	Hoped a miracle would happen.
	Lithuanian	Tikėjausi, jog įvyks stebuklas.
	Back-translation	Hoped for a miracle.
9.	Original	Tried to get centered before taking any action.
	Lithuanian	Bandžiau atgauti pusiausvyrą prieš imdamasis (-i) veiksmų.
	Back-translation	Tried to regain my equilibrium before taking action.
10.	Original	Talked to someone about how I've been feeling.
	Lithuanian	Pasikalbėjau su kuo nors apie tai, kaip aš jaučiausi.
	Back-translation	Talked to someone about how I was feeling.
11.	Original	Stood my ground and fought for what I wanted.
	Lithuanian	Laikiausi savo pozicijos ir kovojau už tai, ko norėjau.
	Back-translation	Stood my ground and fight for what I wanted.
12.	Original	Refused to believe that it had happened.
	Lithuanian	Atsisakiau patikėti, kad kažkas įvyko.
	Back-translation	Refused to believe that something had happened.
13.	Original	Treated myself to something really tasty.
	Lithuanian	Palepinau save kuo nors labai skaniu.
	Back-translation	Treated myself with something tasty.
14.	Original	Criticized or lectured myself.
	Lithuanian	Kritikavau ar pamokiau save.
	Back-translation	Criticized or lectured myself.
15.	Original	Took it out on others.

	Lithuanian	Išsiliejau ant kitų.
	Back-translation	Lashed on others.
16.	Original	Came up with a couple of different solutions to my problem.
	Lithuanian	Priėjau prie keletos skirtingų mano problemos sprendimo būdų.
	Back-translation	Came up with several different solutions to my problem.
17.	Original	Wished I were a stronger person — more optimistic and forceful.
	Lithuanian	Norėjau būti stipresniu žmogumi – labiau optimistišku ir valingu.
	Back-translation	Wanted to be a stronger person - more optimistic and willful.
18.	Original	Accepted my strong feelings, but not let them interfere with other things too much.
	Lithuanian	Priėmiau savo stiprius jausmus, bet neleidau jiems per daug trikdyti kitų dalykų.
	Back-translation	Accepted my strong feelings, but I didn't let them interfere too much with other things.
19.	Original	Focused on the good things in my life.
	Lithuanian	Susikoncentravau į gerus dalykus savo gyvenime.
	Back-translation	Concentrated on the good things in my life.
20.	Original	Wished that I could change the way that I felt.
	Lithuanian	Norėjau, kad galėčiau pakeisti tai, kaip jaučiuosi
	Back-translation	Wished I could change the way I feel.
21.	Original	Found something beautiful to look at to make me feel better.
	Lithuanian	Susiradau ką nors gražaus į ką galėčiau pasižiūrėti, kad pasijausčiau geriau.
	Back-translation	Found something beautiful to look at to make me feel better.
22.	Original	Changed something about myself so that I could deal with the situation better.
	Lithuanian	Pasikeičiau pats (-i), kad geriau susitvarkyčiau su situacija.
	Back-translation	Changed myself to cope better with the situation.
23.	Original	Focused on the good aspects of my life and gave less attention to negative thoughts or feelings.
	Lithuanian	Susikoncentravau į gerus savo gyvenimo aspektus ir kreipiau mažiau dėmesio į neigiamas mintis ar jausmus.
	Back-translation	Concentrated on the good aspects of my life and paid less attention to negative thoughts or feelings.
24.	Original	Got mad at the people or things that caused the problem.
	Lithuanian	Supykau ant žmonių ar dalykų sukėlusių kokią nors problemą.
	Back-translation	Got angry with people or things that caused a problem.
25.	Original	Felt bad that I couldn't avoid the problem.
	Lithuanian	Jaučiausi blogai dėl to, kad negalėjau išvengti problemos.
	Back-translation	Felt bad because I couldn't avoid the problem.
26.	Original	Tried to distract myself by getting active.
	Lithuanian	Bandžiau prasiblaškyti užsiimdamas (-a) aktyvia veikla.
	Back-translation	Tried to distract myself by being active.
27.	Original	Been aware of what has to be done, so I've been doubling my efforts and trying harder to make things work.
	Lithuanian	Žinojau, ką reikia padaryti, todėl padvigubinau savo pastangas ir labiau stengiausi, kad pavyktų.
	Back-translation	Knew what needed to be done, so I doubled my efforts and tried harder to succeed.
28.	Original	Thought that others were unfair to me.

	Lithuanian	Maniau, kad kiti buvo nesąžiningi mano atžvilgiu.
	Back-translation	Thought others were unfair to me.
29.	Original	Soothed myself by surrounding myself with a nice fragrance of some kind.
	Lithuanian	Nusiraminau apsupdamas (-a) save koku nors malonių aromatu.
	Back-translation	Calmed down by surrounding myself with a pleasant aroma.
30.	Original	Blamed others.
	Lithuanian	Kaltinau kitus.
	Back-translation	Blamed others.
31.	Original	Listened to or played music that I found relaxing.
	Lithuanian	Klausiausi muzikos ar grojau kažką, kas man padeda atsipalaiduoti.
	Back-translation	Listened to music or played something that helps me relax.
32.	Original	Gone on as if nothing had happened.
	Lithuanian	Elgiausi lyg nieko nebūtų nutikę.
	Back-translation	Acted as if nothing had happened.
33.	Original	Accepted the next best thing to what I wanted.
	Lithuanian	Priėmiau antrą geriausią variantą vietoj to, kurio norėjau.
	Back-translation	Took the second-best option instead of the one I wanted at first.
34.	Original	Told myself things could be worse.
	Lithuanian	Pasakiau sau, jog gali būti blogiau.
	Back-translation	Told myself it could be worse.
35.	Original	Occupied my mind with something else.
	Lithuanian	Užėmiau savo protą kuo nors kitu.
	Back-translation	Occupied my mind with something else.
36.	Original	Talked to someone who could do something concrete about the problem.
	Lithuanian	Pasikalbėjau su kuo nors, kas galėjo dėl mano problemos padaryti ką nors konkrečiau.
	Back-translation	Talked to someone who could have done something specific about my problem.
37.	Original	Tried to make myself feel better by eating, drinking, smoking, taking medications, etc.
	Lithuanian	Bandžiau pasijusti geriau valgydamas (-a), gerdamas (-a), rūkydamas (-a), vartodamas (-a) vaistus ir kt.
	Back-translation	Tried to feel better by eating, drinking, smoking, taking medication, etc.
38.	Original	Tried not to act too hastily or follow my own hunch.
	Lithuanian	Stengiausi nesielti per daug skubotai ar nesivadovauti savo nuojauta.
	Back-translation	Tried not to act too hastily or on a hunch.
39.	Original	Changed something so things would turn out right.
	Lithuanian	Ką nors pakeičiau, jog situacija gerai išsispęstų.
	Back-translation	Changed something to make the situation work.
40.	Original	Pampered myself with something that felt good to the touch (e.g., a bubble bath or a hug).
	Lithuanian	Palepinau save maloniais prisilietimais (pvz., burbuline vonia arba apkabinimu).
	Back-translation	Treated myself with pleasant gestures (e.g. a bubble bath or a hug).
41.	Original	Avoided people.
	Lithuanian	Vengiau žmonių.

	Back-translation	Avoided people.
42.	Original	Thought how much better off I was than others.
	Lithuanian	Galvojau kiek esu geresnis (-ė) už kitus.
	Back-translation	Thought about how superior I am to others.
43.	Original	Just took things one step at a time.
	Lithuanian	Ėmiausi dalykų žingsnis po žingsnio.
	Back-translation	Took things step by step.
44.	Original	Did something to feel a totally different emotion (like gone to a funny movie).
	Lithuanian	Padariau kažką, jog pajausčiau visiškai kitokią emociją (pvz., nuėjau į juokingą filmą).
	Back-translation	Did something to make myself feel different (e.g. went to a funny movie).
45.	Original	Wished the situation would go away or somehow be finished.
	Lithuanian	Norėjau, kad situacija išnyktų arba kaip nors pasibaigtų.
	Back-translation	Wished the situation would go away or end somehow.
46.	Original	Kept others from knowing how bad things were.
	Lithuanian	Niekam nesakiau, kaip viskas buvo blogai.
	Back-translation	Didn't tell anyone how bad things were.
47.	Original	Focused my energy on helping others.
	Lithuanian	Sutelkiau savo energiją į pagalbą kitiems.
	Back-translation	Focused my energy into helping others.
48.	Original	Found out what other person was responsible.
	Lithuanian	Išsiaiškinau, kuris kitas žmogus buvo atsakingas.
	Back-translation	Found out which other person was responsible.
49.	Original	Made sure to take care of my body and stay healthy so that I was less emotionally sensitive.
	Lithuanian	Užtikrinau, jog rūpinčiausi savo kūnu ir būčiau sveikas (-a) tam, kad būčiau mažiau emociškai jautrus (-i).
	Back-translation	Made sure that I took care of my body and stayed healthy so that I would be less emotionally sensitive.
50.	Original	Told myself how much I had already accomplished.
	Lithuanian	Pasakiau sau kiek daug jau esu pasiekęs (-usi).
	Back-translation	Told myself how much I had already achieved.
51.	Original	Made sure I respond in a way so that I could still respect myself afterwards.
	Lithuanian	Įsitikinau, kad reaguoju tokiu būdu, jog po to vis dar galėčiau save gerbti.
	Back-translation	Made sure that I reacted in such a way that I could still respect myself afterward.
52.	Original	Wished that I could change what had happened.
	Lithuanian	Norėjau, jog galėčiau pakeisti tai, kas įvyko.

	Back-translation	Wished I could change what had happened.
53.	Original	Made a plan of action and followed it.
	Lithuanian	Susidariau veiksmų planą ir laikiausi jo.
	Back-translation	Made an action plan and followed it.
54.	Original	Talked to someone to find out about the situation.
	Lithuanian	Pasikalbėjau su kuo nors, siekdamas (-a) išsiaiškinti situaciją.
	Back-translation	Talked to someone to clarify the situation.
55.	Original	Avoided my problem.
	Lithuanian	Vengiau savo problemos.
	Back-translation	Avoided my problem.
56.	Original	Stepped back and tried to see things as they really are.
	Lithuanian	Atsitraukiau ir bandžiau pamatyti dalykus tokius, kokie jie yra.
	Back-translation	Stepped back and tried to see things as they are.
57.	Original	Compared myself to others who are less fortunate.
	Lithuanian	Palyginau save su kitais, kuriems mažiau pasisekė.
	Back-translation	Compared myself to those less fortunate.
58.	Original	Increased the number of pleasant things in my life so that I had a more positive outlook.
	Lithuanian	Įtraukiau daugiau malonių dalykų į savo gyvenimą tam, kad turėčiau pozityvesnį požiūrį.
	Back-translation	Added more pleasant things to my life in order to have a more positive outlook.
59.	Original	Tried not to burn my bridges behind me, but leave things open somewhat.
	Lithuanian	Stengiausi galutinai nenutraukti santykių ir palikti vietas susitaikymui.
	Back-translation	Tried not to break off relationships completely and to leave room for reconciliation.