

Positive Reappraisal Coping Items (PRCI)

During this experience I will:

1. Try to do something that makes me feel positive
2. See things positively
3. Look on the bright side of things
4. Make the best of the situation
5. Try to think more about the positive things in my life
6. Focus on the positive aspects of the situation
7. Find something good in what is happening
8. Try to do something that is meaningful
9. Focus on the benefits and not just the difficulties
10. Learn from the experience

Figure 1: The Positive Reappraisal Coping intervention