

Adult Attitude to Grief scale

Indicate (tick) your response to the attitudes expressed in the following statements:

Adult Attitude to Grief scale	<i>Strongly agree</i>	<i>Agree</i>	<i>Neither agree nor disagree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
1. I feel able to face the pain which comes with loss.					
2. For me, it is difficult to switch off thoughts about the person I have lost.					
3. I feel very aware of my inner strength when faced with grief.					
4. I believe that I must be brave in the face of loss.					
5. I feel that I will always carry the pain of grief with me.					
6. For me, it is important to keep my grief under control.					
7. Life has less meaning for me after this loss.					
8. I think it's best just to get on with life and not dwell on this loss.*					
9. It may not always feel like it but I do believe that I will come through this experience of grief.					