

Adult Attitude to Grief scale (Practitioner Record Sheet Client number..... Date Session number.....)

(R = Resilient items 1,3,9; C= Controlled items 4,6,8; O = Overwhelmed items 2,5,7.)

Adult Attitude to Grief scale <i>(© Linda Machin 2001)</i>	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Additional responses/ comments
R 1. I feel able to face the pain which comes with loss.	0	1	2	3	4	
O 2. For me, it is difficult to switch off thoughts about the person I have lost.	4	3	2	1	0	
R 3. I feel very aware of my inner strength when faced with grief.	0	1	2	3	4	
C 4. I believe that I must be brave in the face of loss.	4	3	2	1	0	
O 5. I feel that I will always carry the pain of grief with me.	4	3	2	1	0	
C 6. For me, it is important to keep my grief under control.	4	3	2	1	0	
O 7. Life has less meaning for me after this loss.	4	3	2	1	0	
C 8. I think it's best just to get on with life and not dwell on this loss.*	4	3	2	1	0	
R 9. It may not always feel like it but I do believe that I will come through this experience of grief.	0	1	2	3	4	

© Linda Machin 2010 (* modified 2013) **Vulnerability Indicator score** = total score for the 9 items

(N.B. resilient scores reversed to permit a simple addition)