

## Adult Attitude to Grief scale

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

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