

Adult Attitude to Grief scale

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

| | | Strongly disagree 0 | Agree 1 | Neither agree nor disagree 2 | Disagree 3 | Strongly agree 4 |
|----|--|-------------------------------|-------------------|--|----------------------|----------------------------|
| 1. | I feel able to face the pain which comes with loss. | 0 | 1 | 2 | 3 | 4 |
| 2. | For me, it is difficult to switch off thoughts about the person I have lost. | 0 | 1 | 2 | 3 | 4 |
| 3. | I feel very aware of my inner strength when faced with grief. | 0 | 1 | 2 | 3 | 4 |
| 4. | I believe that I must be brave in the face of loss. | 0 | 1 | 2 | 3 | 4 |
| 5. | I feel that I will always carry the pain of grief with me. | 0 | 1 | 2 | 3 | 4 |
| 6. | For me, it is important to keep my grief under control. | 0 | 1 | 2 | 3 | 4 |
| 7. | Life has less meaning for me after this loss. | 0 | 1 | 2 | 3 | 4 |
| 8. | I think it's best just to get on with life and not dwell on this loss.* | 0 | 1 | 2 | 3 | 4 |
| | 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 |

Scoring:

Items 1, 3, 9 are reverse scored

| | |
|----------------------|---------|
| Severe vulnerability | > 24 |
| High vulnerability | 21 – 23 |
| Low vulnerability | < 20 |

Scores run from 0 – 36

Machin, L. and Spall, R. (2004) Mapping grief: a study in practice using a quantitative and qualitative approach to exploring and addressing the range of response to loss. *Counselling and Psychotherapy Research* 4: 9–17.

More information, including the scale user manual can be found [here](#).