

GRACE Scale

Please select one response for each statement below that best reflects your overall style:

In general,

1. I try to be grateful for the little things in my life and the people who share it with me.

0=Not at all
1=A little bit
2=Somewhat
3=Quite a bit
4= Very much
2. I try to be kind and forgiving to myself when I make a mistake.

0=Not at all
1=A little bit
2=Somewhat
3=Quite a bit
4= Very much
3. I try to put myself in the shoes of others to see where they are coming from.

0=Not at all
1=A little bit
2=Somewhat
3=Quite a bit
4= Very much
4. I try to listen fully to others who are speaking to me vs. thinking ahead about what I will say next.

0=Not at all
1=A little bit
2=Somewhat
3=Quite a bit
4= Very much
5. I try to observe my thoughts and emotions when they arise without being taken over by them.

0=Not at all
1=A little bit
2=Somewhat
3=Quite a bit
4= Very much
6. When something unpleasant happens to me, I try to let it be without ruminating about it too much.

0=Not at all
1=A little bit
2=Somewhat
3=Quite a bit
4= Very much