

DEATHLIFE

Questionnaire to enable reflection on your attitude to death

This questionnaire is a version of a research tool called the 'Death Attitudes Profile- Revised'. It consists of a number of statements related to different attitudes towards death. The overall score isn't important, but filling in the questionnaire should make you more aware of your attitude to death. Read each statement carefully and then indicate the extent to which you agree or disagree by ticking the box that most closely reflects how you feel.

Strongly disagree	Moderately disagree	Undecided	Moderately agree	Strongly agree
-------------------	---------------------	-----------	------------------	----------------

1. Death is no doubt a grim experience

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

2. The prospect of my own death arouses anxiety in me

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

3. I avoid thoughts of death at all costs

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4. I believe that I will be in heaven after I die

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

5. Death will bring and end to all my troubles

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

6. Death should be viewed as a natural, undeniable, and unavoidable event

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

7. I am disturbed by the finality of death

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

8. Death is an entrance to a place of ultimate satisfaction

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

DEATHLIFE

Strongly disagree	Moderately disagree	Undecided	Moderately agree	Strongly agree
-------------------	---------------------	-----------	------------------	----------------

9. Death provides an escape from this terrible world

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

10. Whenever the thought of death enters my mind I try to push it away

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

11. Death is deliverance from pain and suffering

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

12. I always try not to think about death

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

13. I believe that heaven will be a much better place than this world

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

14. Death is a natural aspect of life

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

15. Death is a union with God and eternal bliss

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

16. Death brings a promise of a new and glorious life

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

17. I would neither fear death nor welcome it

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

18. I have an intense fear of death

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

19. I avoid thinking about death altogether

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

20. The subject of life after death troubles me greatly

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

DEATHLIFE

Strongly disagree	Moderately disagree	Undecided	Moderately agree	Strongly agree
-------------------	---------------------	-----------	------------------	----------------

21. The fact that death will mean the end of everything as I know it frightens me

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

22. I look forward to a reunion with my loved ones after I die

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

23. I view death as a relief from earthly suffering

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

24. Death is simply a part of the process of life

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

25. I see death as a passage to an eternal and blessed place

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

26. I try to have nothing to do with the subject of death

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

27. Death offer a wonderful release of he soul

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

28. One thing that gives me comfort in facing death is my belief in the afterlife

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

29. I see death as a relief from the burdens of this life

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

30. Death is neither good nor bad

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

31. I look forward to life after death

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

32. The uncertainty of not knowing what happens after death worries me

<input type="checkbox"/>				
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------