

## The 7-Item Nonattachment Scale (NAS-7)

### Citations:

Elphinstone, B., Sahdra, B., & Ciarrochi, J. (2014, under review). Living well by letting go: Reliability and validity of a brief measure of nonattachment. Manuscript submitted for publication.

Sahdra, B., Ciarrochi, J., Parker, P., Marshall, S., & Heaven, P. (2015). Empathy and nonattachment independently predict peer nominations of prosocial behavior of adolescents. *Frontiers in Psychology*, 6. 1-.3389/fpsyg.2015.00263.

To help us understand your general approach to life and your views about yourself, others, and life in general, tell us the extent to which the following statements reflect your experiences **at this point in your life**. Select a number from 1 to 6 on the scale provided with each statement to rate the extent to which you agree with it.

Please answer according to what **really reflects** your experience rather than what you think your experience should be.

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

1. I can let go of regrets and feelings of dissatisfaction about the past.
2. I can enjoy pleasant experiences without needing them to last forever.
3. I view the problems that enter my life as things/issues to work on rather than reasons for becoming disheartened or demoralized.
4. I can enjoy my family and friends without feeling I need to hang on to them.
5. I can take joy in others' achievements without feeling envious.
6. I do not get "hung up" on wanting an "ideal" or "perfect" life.
7. When pleasant experiences end, I am fine moving on to what comes next.