**How mindful am I?**

**Mindful Attention Awareness Scale (**Brown, K.W. & Ryan, R.M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. Journal of Personality and Social Psychology, 84, 822-848**.)**

Day-to-Day Experiences

Below is a collection of statements about your everyday experience. Using the 1-6 scale below, please indicate how frequently or infrequently you currently have each experience. Please answer according to what really reflects your experience rather than what you think your experience should be. Please treat each item separately from every other item.

1. I could be experiencing some emotion and not be conscious of it until some time later.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Almostalways | Very frequently | Somewhat frequently | Somewhat infrequently | Veryinfrequently | Almost never |

1. I break or spill things because of carelessness, not paying attention, or thinking of something else.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Almostalways | Very frequently | Somewhat frequently | Somewhat infrequently | Veryinfrequently | Almost never |

1. I find it difficult to stay focused on what's happening in the present.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Almostalways | Very frequently | Somewhat frequently | Somewhat infrequently | Veryinfrequently | Almost never |

1. I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Almostalways | Very frequently | Somewhat frequently | Somewhat infrequently | Veryinfrequently | Almost never |

1. I tend not to notice feelings of physical tension or discomfort until they really grab my attention.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Almostalways | Very frequently | Somewhat frequently | Somewhat infrequently | Veryinfrequently | Almost never |

1. I forget a person's name almost as soon as I've been told it for the first time.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Almostalways | Very frequently | Somewhat frequently | Somewhat infrequently | Veryinfrequently | Almost never |

1. It seems I am "running on automatic," without much awareness of what I'm doing.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Almostalways | Very frequently | Somewhat frequently | Somewhat infrequently | Veryinfrequently | Almost never |

1. I rush through activities without being really attentive to them.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Almostalways | Very frequently | Somewhat frequently | Somewhat infrequently | Veryinfrequently | Almost never |

1. I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Almostalways | Very frequently | Somewhat frequently | Somewhat infrequently | Veryinfrequently | Almost never |

1. I do jobs or tasks automatically, without being aware of what I'm doing

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Almostalways | Very frequently | Somewhat frequently | Somewhat infrequently | Veryinfrequently | Almost never |

1. I find myself listening to someone with one ear, doing something else at the same time.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Almostalways | Very frequently | Somewhat frequently | Somewhat infrequently | Veryinfrequently | Almost never |

1. I drive places on "automatic pilot" and then wonder why I went there.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Almostalways | Very frequently | Somewhat frequently | Somewhat infrequently | Veryinfrequently | Almost never |

1. I find myself preoccupied with the future or the past.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Almostalways | Very frequently | Somewhat frequently | Somewhat infrequently | Veryinfrequently | Almost never |

1. I find myself doing things without paying attention.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Almostalways | Very frequently | Somewhat frequently | Somewhat infrequently | Veryinfrequently | Almost never |

1. I snack without being aware that I'm eating.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Almostalways | Very frequently | Somewhat frequently | Somewhat infrequently | Veryinfrequently | Almost never |

Scoring information:

To know how mindful you are simply add all your scores together and divide by 15. The higher you score the more mindful you are.