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| --- | --- | --- | --- | --- | --- | --- |
|  | **Never/Very rarely true** | **Rarely true** | **Sometimes true** | **Often true** | **Very often** | **Always true** |
| **1.** When I’m walking, I deliberately notice the sensations of my body moving. | □ | □ | □ | □ | □ | □ |
| **2.** I’m good at finding words to describe my feelings. | □ | □ | □ | □ | □ | □ |  | □ |
| **3.** I criticize myself for having irrational or inappropriate emotions. | □ | □ | □ | □ | □ | □ |  | □ |
| **4.** I perceive my feelings and emotions without having to react to them. | □ | □ | □ | □ | □ | □ |
| **5.** When I do things, my mind wanders off and I’m easily distracted | □ | □ | □ | □ | □ | □ |
| **6.** When I take a shower or bath, I stay alert to the sensations of water on my body. | □ | □ | □ | □ | □ | □ |
| **7.** I can easily put my beliefs, opinions, and expectations into words. | □ | □ | □ | □ | □ | □ |
| **8.** I don’t pay attention to what I’m doing because I’m daydreaming, worrying, or otherwise distracted. | □ | □ | □ | □ | □ | □ |
| **9.** I watch my feelings without getting lost in them. | □ | □ | □ | □ | □ | □ |
| **10.** I tell myself I shouldn’t be feeling the way I’m feeling. | □ | □ | □ | □ | □ | □ |
| **11.** I notice how foods and drinks affect my thoughts, bodily sensations, and emotions. | □ | □ | □ | □ | □ | □ |
| **12.** It’s hard for me to find the words to describe what I’m thinking. | □ | □ | □ | □ | □ | □ |
| **13.** I am easily distracted. | □ | □ | □ | □ | □ | □ |
| **14.** I believe some of my thoughts are abnormal or bad and I shouldn’t think that way. | □ | □ | □ | □ | □ | □ |
| **15.** I pay attention to sensations, such as the wind in my hair or sun on my face. | □ | □ | □ | □ | □ | □ |
| **16.** I have trouble thinking of the right words to express how I feel about things. | □ | □ | □ | □ | □ | □ |
| **17.** I make judgments about whether my thoughts are good or bad. | □ | □ | □ | □ | □ | □ |
| **18.** I find it difficult to stay focused on what’s happening in the present. | □ | □ | □ | □ | □ | □ |
| **19.** When I have distressing thoughts or images, I “step back” and am aware of the thought or image without getting taken over by it. | □ | □ | □ | □ | □ | □ |
| **20.** I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing. | □ | □ | □ | □ | □ | □ |
| **21.** In difficult situations, I can pause without immediately reacting. | □ | □ | □ | □ | □ | □ |
| **22.** When I have a sensation in my body, it’s difficult for me to describe it because I can’t find the right words. | □ | □ | □ | □ | □ | □ |
| **23.** It seems I am “running on automatic” without much awareness of what I’m doing. | □ | □ | □ | □ | □ | □ |
| **24.** When I have distressing thoughts or images, I feel calm soon after. | □ | □ | □ | □ | □ | □ |
| **25.** I tell myself that I shouldn’t be thinking the way I’m thinking. | □ | □ | □ | □ | □ | □ |
| **26.** I notice the smells and aromas of things. | □ | □ | □ | □ | □ | □ |
| **27.** Even when I’m feeling terribly upset, I can find a way to put it into words. | □ | □ | □ | □ | □ | □ |
| **28.** I rush through activities without being really attentive to them. | □ | □ | □ | □ | □ | □ |
| **29.** When I have distressing thoughts or images I am able just to notice them without reacting. | □ | □ | □ | □ | □ | □ |
| **30.** I think some of my emotions are bad or inappropriate and I shouldn’t feel them. | □ | □ | □ | □ | □ | □ |
| **31.** I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow. | □ | □ | □ | □ | □ | □ |
| **32.** My natural tendency is to put my experiences into words. | □ | □ | □ | □ | □ | □ |
| **33.** When I have distressing thoughts or images, I just notice them and let them go. | □ | □ | □ | □ | □ | □ |
| **34.** I do jobs or tasks automatically without being aware of what I’m doing. | □ | □ | □ | □ | □ | □ |
| **35.** When I have distressing thoughts or images, I judge myself as good or bad, depending what the thought/image is about. | □ | □ | □ | □ | □ | □ |
| **36.** I pay attention to how my emotions affect my thoughts and behavior | □ | □ | □ | □ | □ | □ |
| **37.** I can usually describe how I feel at the moment in considerable detail. | □ | □ | □ | □ | □ | □ |
| **38.** I find myself doing things without paying attention. | □ | □ | □ | □ | □ | □ |
| **39.** I disapprove of myself when I have irrational ideas. | □ | □ | □ | □ | □ | □ |