|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Almost always** | **Very frequently** | **Somewhat frequently** | **Somewhat infrequently** | **Very infrequently** | **Almost never** |
| **1.** I could be experiencing some emotion and not be conscious of it until some time later. | □ | □ | □ | □ | □ | □ |
| **2.** I break or spill things because of carelessness, not paying attention, or thinking of something else. | □ | □ | □ | □ | □ | □ |  |
| **3.** I find it difficult to stay focused on what’s happening in the present. | □ | □ | □ | □ | □ | □ |  |
| **4.** I tend to walk quickly to get where I’m going without paying attention to what I experience along the way. | □ | □ | □ | □ | □ | □ |
| **5.** I tend not to notice feelings of physical tension or discomfort until they really grab my attention. | □ | □ | □ | □ | □ | □ |
| **6.** I forget a person's name almost as soon as I've been told it for the first time. | □ | □ | □ | □ | □ | □ |
| **7.** It seems I am 'running on automatic' without much awareness of what I’m doing. | □ | □ | □ | □ | □ | □ |
| **8.** I rush through activities without being really attentive to them. | □ | □ | □ | □ | □ | □ |
| **9.** I get so focused on the goal I want to achieve that I lose touch with what I am doing right now to get there. | □ | □ | □ | □ | □ | □ |
| **10.** I do jobs or tasks automatically, without being aware of what I’m doing. | □ | □ | □ | □ | □ | □ |
| **11.** I find myself listening to someone with one ear, doing something else at the same time. | □ | □ | □ | □ | □ | □ |
| **12.** I drive places on 'automatic pilot' and then wonder why I went there. | □ | □ | □ | □ | □ | □ |
| **13**. I find myself preoccupied with the future or the past. | □ | □ | □ | □ | □ | □ |
| **14.** I find myself doing things without paying attention. | □ | □ | □ | □ | □ | □ |
| **15.** I snack without being aware that I'm eating. | □ | □ | □ | □ | □ | □ |