(159) Five Facet Mindfulness Questionnaire: Observing Scale

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Please rate each of the following statements using the scale provided. Write the number in the blank that best describes your own opinion of what is generally true for you. | Never or very rarely true | Rarely true | Sometimes true | Often true | Very often or always true |
| 1. | I pay attention to sensations, such as the wind in my hair or sun on my face | 1 | 2 | 3 | 4 | 5 |
| 2. | I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing | 1 | 2 | 3 | 4 | 5 |
| 3. | I notice the smells and aromas of things | 1 | 2 | 3 | 4 | 5 |
| 4. | I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow | 1 | 2 | 3 | 4 | 5 |