(160) Five Facet Mindfulness Questionnaire: Describing scale

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|  | 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’m good at finding words to describe my feelings | 1 | 2 | 3 | 4 | 5 |
| 2. | I can easily put my beliefs, opinions, and expectations into words | 1 | 2 | 3 | 4 | 5 |
| 3. | Even when I’m feeling terribly upset, I can find a way to put it into words | 1 | 2 | 3 | 4 | 5 |
| 4. | My natural tendency is to put my experiences into words | 1 | 2 | 3 | 4 | 5 |