(161) Five Facet Mindfulness Questionnaire: Acting with Awareness 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. | When I do things, my mind wanders off and I’m easily distracted | 1 | 2 | 3 | 4 | 5 |
| 2. | I don’t pay attention to what I’m doing because I’m daydreaming, worrying, or otherwise distracted | 1 | 2 | 3 | 4 | 5 |
| 3. | I am easily distracted | 1 | 2 | 3 | 4 | 5 |
| 4. | I find myself doing things without paying attention. | 1 | 2 | 3 | 4 | 5 |