(162) Five Facet Mindfulness Questionnaire: Nonjudging 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 tell myself I shouldn’t be feeling the way I’m feeling | 1 | 2 | 3 | 4 | 5 |
| 2. | I make judgments about whether my thoughts are good or bad | 1 | 2 | 3 | 4 | 5 |
| 3. | I tell myself that I shouldn’t be thinking the way I’m thinking | 1 | 2 | 3 | 4 | 5 |
| 4. | I think some of my emotions are bad or inappropriate and I shouldn’t feel them | 1 | 2 | 3 | 4 | 5 |