(163) Five Facet Mindfulness Questionnaire: Nonreacting 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. | In difficult situations, I can pause without immediately reacting | 1 | 2 | 3 | 4 | 5 |
| 2. | When I have distressing thoughts or images, I “step back” and am aware of the thought or image without getting taken over by it | 1 | 2 | 3 | 4 | 5 |
| 3. | When I have distressing thoughts or images, I feel calm soon after | 1 | 2 | 3 | 4 | 5 |
| 4. | When I have distressing thoughts or images, I just notice them and let them go. | 1 | 2 | 3 | 4 | 5 |