(244) Friends’ Five Facet Mindfulness Questionnaire: Observing Scale

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|  | Please read the following sentences about thoughts or feelings carefully and circle the appropriate number to express the degree of gap that best describes your friends’ following thoughts or feelings. | Never or very rarely true | Rarely true | Sometimes true | Often true | Very often or always true |
| 1. | They pay attention to sensations, such as the wind in their hairs or sun on their faces | 1 | 2 | 3 | 4 | 5 |
| 2. | They pay attention to sounds, such as clocks ticking, birds chirping, or cars passing | 1 | 2 | 3 | 4 | 5 |
| 3. | They notice the smells and aromas of things | 1 | 2 | 3 | 4 | 5 |
| 4. | They notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow | 1 | 2 | 3 | 4 | 5 |