(245) Friends’ Five Facet Mindfulness Questionnaire: Describing 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 are good at finding words to describe their feelings | 1 | 2 | 3 | 4 | 5 |
| 2. | They can easily put their beliefs, opinions, and expectations into words | 1 | 2 | 3 | 4 | 5 |
| 3. | Even when they are feeling terribly upset, they can find a way to put it into words | 1 | 2 | 3 | 4 | 5 |
| 4. | Their natural tendencies are to put their experiences into words | 1 | 2 | 3 | 4 | 5 |