(247) Friends’ Five Facet Mindfulness Questionnaire: Acting with Awareness 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. | When they do things, their minds wander off and they are easily distracted | 1 | 2 | 3 | 4 | 5 |
| 2. | They don’t pay attention to what they are doing because they are daydreaming, worrying, or otherwise distracted | 1 | 2 | 3 | 4 | 5 |
| 3. | The are easily distracted | 1 | 2 | 3 | 4 | 5 |
| 4. | They find themselves doing things without paying attention | 1 | 2 | 3 | 4 | 5 |