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