(249) Friends’ Five Facet Mindfulness Questionnaire: Nonjudging 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 tell themselves they shouldn’t be feeling the way they are feeling | 1 | 2 | 3 | 4 | 5 |
| 2. | They make judgments about whether their thoughts are good or bad | 1 | 2 | 3 | 4 | 5 |
| 3. | They tell themselves that they shouldn’t be thinking the way they are thinking | 1 | 2 | 3 | 4 | 5 |
| 4. | They think some of their emotions are bad or inappropriate and they shouldn’t feel them | 1 | 2 | 3 | 4 | 5 |