(420) Five Facet Mindfulness Questionnaire: Observing Scale of recipients in the Community

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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 following thoughts or feelings of recipients in the community | 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 |