(421) Five Facet Mindfulness Questionnaire: Describing 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 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 |