(423) Five Facet Mindfulness Questionnaire: Nonreacting 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. | 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 |