(424) Five Facet Mindfulness Questionnaire: Nonjudging 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 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 |