

Please rate each of the following statements with the number that best describes *your own opinion of what is generally true for you*.

	Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
1. When I'm walking, I deliberately notice the sensations of my body moving. (OBS)	1	2	3	4	5
2. I notice the smells and aromas of things.	1	2	3	4	5
3. I pay attention to how my emotions affect my thoughts and behavior.	1	2	3	4	5
4. I'm good at finding words to describe my feelings. (D)	1	2	3	4	5
5. I can easily put my beliefs, opinions, and expectations into words.	1	2	3	4	5
6. I can usually describe how I feel at the moment in considerable detail.	1	2	3	4	5
7. When I do things, my mind wanders off and I'm easily distracted. (AA-R)	1	2	3	4	5
8. I find it difficult to stay focused on what's happening in the present.	1	2	3	4	5
9. I find myself doing things without paying attention.	1	2	3	4	5
10. I usually take things in stride. (E)	1	2	3	4	5
11. I don't dwell on things that I can't do anything about.	1	2	3	4	5
12. I have a good sense of humor and can usually see the funny side of things.	1	2	3	4	5
13. I criticize myself for having irrational or inappropriate emotions. (NJ-R)	1	2	3	4	5
14. I make judgments about whether my thoughts are good or bad.	1	2	3	4	5
15. I disapprove of myself when I have irrational ideas.	1	2	3	4	5
16. I perceive my feelings and emotions without having to react to them. (NR)	1	2	3	4	5
17. In difficult situations, I can pause without immediately reacting.	1	2	3	4	5
18. When I have distressing thoughts or images, I am able just to notice them without reacting.	1	2	3	4	5