

ASSESSMENT: Adapted from the Mindfulness Attention Awareness Scale (MAAS)

Below is a collection of statements about your everyday experience. Using the 1-6 scale below, please indicate how frequently or infrequently you currently have each experience.

				Almost always	Very frequently	Somewhat often	Somewhat infrequently	Very infrequently	Almost never
				1 pt	2 pt	3 pt	4 pt	5 pt	6 pt
I could be experiencing some emotion and not be conscious of it until sometime later.									
I break or spill things because of carelessness, not paying attention, or thinking of something else.									
I find it difficult to stay focused on what's happening in the present.									
I tend to walk quickly to get where I'm going without paying attention to what I experience along the way									
I tend not to notice feelings of physical tension or discomfort until they really grab my attention.									
I forget a person's name almost as soon as I've been told it for the first time.									
It seems I am "running on automatic," without much awareness of what I'm doing.									
I rush through activities without being really attentive to them.									
I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there.									
I do jobs or tasks automatically, without being aware of what I'm doing.									
I find myself listening to someone with one ear, doing something else at the same time.									
I drive places on "automatic pilot" and then wonder why I went there.									
I find myself preoccupied with the future or the past.									
I find myself doing things without paying attention.									
I snack without being aware that I'm eating.									
Subtotals									
TOTAL score					Divide by 15 →				
1-2	Low Mindfulness		3-4	Moderate Mindfulness		5-6	High Mindfulness		