

# **Pre-Program Participant Survey**

**Purpose:** Assess baseline awareness, needs, and expectations before the MBCT/MBSR training.

## **Sections:**

### **A. Mindfulness Awareness**

- I am aware of my thoughts and feelings in daily life. (1–5 Likert)
- I often find myself on "autopilot" throughout the day. (1–5 Likert)
- I feel in control of my reactions to stress. (1–5 Likert)

### **B. Stress & Emotional Regulation**

- I experience frequent stress or anxiety. (Never – Always)
- I have healthy ways of coping with difficult emotions. (Strongly Disagree – Strongly Agree)

### **C. Expectations & Motivation**

- What are you hoping to gain from this program?
- Have you attended mindfulness/meditation programs before? (Yes/No)
- On a scale from 1 to 10, how motivated are you to complete the full program?