Session 11: Mindful Attention Awareness Scale

Complete the collection of statements about your everyday experiences. Using the 1-6 scale below, indicate how frequently or infrequently you currently have each experience. Answer according to what really reflects your experience rather than what you think your experience should be.



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| 1. I could be experiencing some emotion and not be conscious of it until sometime later.
 | 1 2 3 4 5 6 |
| 1. I break or spill things because of carelessness, not paying attention, or thinking of something else.
 | 1 2 3 4 5 6 |
| 1. I find it difficult to stay focused on what's happening in the present
 | 1 2 3 4 5 6 |
| 1. I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.
 | 1 2 3 4 5 6 |
| 1. I tend not to notice feelings of physical tension or discomfort until they really grab my attention.
 | 1 2 3 4 5 6 |
| 1. I forget a person's name almost as soon as I've been told it for the first time.
 | 1 2 3 4 5 6 |
| 1. It seems I am "running on automatic," without much awareness of what I'm doing.
 | 1 2 3 4 5 6 |
| 1. I rush through activities without being really attentive to them.
 | 1 2 3 4 5 6 |
| 1. 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.
 | 1 2 3 4 5 6 |
| 1. I do jobs or tasks automatically, without being aware of what I'm doing.
 | 1 2 3 4 5 6 |
| 1. I find myself listening to someone with one ear, doing something else at the same time.
 | 1 2 3 4 5 6 |
| 1. I get to places on "automatic pilot" and then wonder how I got there.
 | 1 2 3 4 5 6 |
| 1. I find myself preoccupied with the future or the past
 | 1 2 3 4 5 6 |
| 1. I find myself doing things without paying attention
 | 1 2 3 4 5 6 |
| 1. I snack without being aware that I'm eating.
 | 1 2 3 4 5 6 |