## **Day-to-Day Experiences**

Instructions: 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. Please answer according to what *really reflects* your experience rather than what you think your experience should be. Please treat each item separately from every other item.

4

Somewhat

5

Very

6

Almost

3

Somewhat

2

Very

doing something else at the same time.

1 Almost

Always	Frequently	Frequently			Infrequently			Never		
I could be even	orioncing como o	motion and not	ho conscious							
I could be experiencing some emotion and not be conscious of it until some time later.					2	3	4	5	6	
I break or spill things because of carelessness, not paying attention, or thinking of something else.					2	3	4	5	6	
I find it difficult to stay focused on what's happening in the present.					2	3	4	5	6	
I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.					2	3	4	5	6	
I tend not to notice feelings of physical tension or discomfort until they really grab my attention.				1	2	3	4	5	6	
I forget a person's name almost as soon as I've been told it for the first time.					2	3	4	5	6	
It seems I am 'running on automatic', without much awareness of what I'm doing.				1	2	3	4	5	6	
I rush through activities without being really attentive to them.					2	3	4	5	6	
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	
I do jobs or tasks automatically, without being aware of what I'm doing.					2	3	4	5	6	
I find myself li	stening to some	one with one ear	.,							

1

2

3

5

6

1 Almost Always	2 Very Frequently	3 Somewhat Frequently	4 Somewhat Infrequently	5 Very Infrequently			6 Almost Never		
I arrive at place I went there.	es on 'automatic	pilot' and then v	wonder why	1	2	3	4	5	6
I find myself preoccupied with the future or the past.				1	2	3	4	5	6
I find myself doing things without paying attention.				1	2	3	4	5	6
I snack without being aware that I'm eating.				1	2	3	4	5	6

## **MAAS Scoring**

To score the scale, simply compute a mean of the 15 items. Higher scores reflect higher levels of

'dispositional' (a keen awareness and attention to your thoughts and feelings in the present moment) mindfulness. Score \_\_\_\_\_ What does your score indicate about your level of awareness and attention to your thoughts and feelings in the present moment? Refer to your responses as a guide to answer this question.