

Mindfulness Attention Awareness Scale

MINDFULNESS ATTENTION AWARENESS SCALE

Name: _____ Date: _____ dd / mm / yyyy

Please read each statement and indicate how frequently you have these experiences. Use the following scale to choose the most appropriate number for each item.

Scoring: Add the scores for each item to get a total score. A lower score indicated higher levels of mindfulness.

I find myself doing things without paying attention

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

I break or spill things because of carelessness, not paying attention, or thinking of something else

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

I find it difficult to stay focused on what's happening in the present

☐ ☐ ☐ ☐ ☐ ☐

1 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

☐ ☐ ☐ ☐ ☐ ☐

1 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

Item 6

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

Item 7

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

I rush through activities without being really attentive to them

☐ ☐ ☐ ☐ ☐ ☐

1 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

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

I find myself listening to someone with one ear, doing something else at the same time

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

I drive places on 'auto pilot' and then wonder why I went there

☐ ☐ ☐ ☐ ☐ ☐

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 going places without paying attention to what I experience along the way

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

I find myself doing something without being aware of why I'm doing it

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

Total score: _____

REFLECTION AND ACTION PLAN

Patient's reflections on their mindfulness level

Action plan for increasing mindfulness

Additional Notes