

Mindfulness Assessment

The assessment on the next three pages measures the main ideas in each of the four modules of this workbook. The first page is the introduction and directions. The second page is the assessment. The third page includes the descriptions, scoring directions, and profile interpretation. This assessment can be used as a pre-test to assess participants' mindful state, and then used again as a post-test at the end of learning and practicing mindfulness skills and document the effects.

Introduction and Directions

Mindfulness is a state of awareness in which people can observe events occurring in life without preconception, living in the present, and thinking with discernment and clarity.

The *Mindfulness Assessment* is designed to help you explore how mindful you currently are.

This assessment contains 24 statements related to how much you exhibit a mindful state. Read each of the statements and decide whether or not the statement describes you.

If the statement does describe you, circle the number next to that item in the YES column. If the statement does not describe you, circle the number next to that item in the NO column.

This is not a test.

There are no right or wrong answers.

Do not spend too much time thinking about your responses.

Be sure to respond to every statement.

(Continued on the next page)

Mindfulness Assessment

	YES	NO
I feel as if I live on autopilot	1	2
I often forget how I arrived somewhere	1	2
I think before I react to stress	2	1
I have many preconceived notions about the world.	1	2
I accept things as they are	2	1
I am reflective	2	1

A.P. TOTAL = _____

I am aware of the various sensations in my body	2	1
I am unaware of many of the sounds around me	1	2
I am aware of my negative thoughts	2	1
I do not know what triggers my negative emotions	1	2
I do not feel unpleasant experiences in my body	1	2
I can distinguish between body and emotional sensations	2	1

P.L. TOTAL = _____

I often worry about my past	1	2
I live in the present a lot of the time	2	1
I can appreciate the present moment	2	1
I think way too much about the future	1	2
I pay attention to what is happening right now	2	1
When I am focused on the past, I can bring my awareness to now	2	1

P.M. TOTAL = _____

I am gentle with others	2	1
I judge my experiences as good or bad, nothing in between	1	2
I try not to judge the actions of others	2	1
I cannot bring my mind back into focus when it strays	1	2
I accept people for who and what they are	2	1
I often feel like a silent observer of my life	2	1

A.O. TOTAL = _____

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Scoring Directions

For each of the four sections on the previous page, total the scores you circled and write them on the TOTAL line in each section. Then, transfer your scores to the Individual Section Score column in the Table below. Then add all four together and put that total in the “ALL 4” line below.

Code	Section	The Goal	Individual Section Score
A.P.	Autopilot	Breaking away from being on autopilot all of the time.	
P.L.	Purposeful Life	Being more aware of yourself and your environment.	
P.M.	Present Moment	Staying in the present and not drifting into the past or the future.	
A.O.	Acceptance of Others	Seeing situations and people as they are and not judging them.	
ALL 4	TOTAL	TOTAL OF ALL FOUR SECTIONS SCORE	

Profile Interpretation for Individual Sections

Individual Sections	Score	Indications
11 to 12	High	You are a mindful person in the particular area in which you scored high. With additional practice, you can become even more mindful in this area.
8 to 10	Moderate	You are somewhat mindful in the particular area in which you scored moderately. With practice, you can become even more mindful.
6 to 7	Low	You are not very mindful at this point in time in the particular area in which you scored low. With practice, you can become much more mindful.

Profile Interpretation for All Four Sections

Total Sections	Score	Indications
41 to 48	High	You are a mindful person. With additional practice, you can become even more mindful.
32 to 40	Moderate	You are somewhat mindful. With practice, you can become even more mindful than you are right now.
24 to 31	Low	You are not very mindful at this point in time. With practice, you can become more mindful.