

Assessment-How mindful you are?














Find out how Mindful you are.

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.

1	2	3	4	5	6
Almost Always	Very Frequently	Somewhat Frequently	Somewhat Infrequently	Very Infrequently	Almost Never

Statement	Response
1. I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.	<input type="text"/>
2. I tend to resist, repress, avoid, withhold, judge and apologise for my feelings & emotions.	<input type="text"/>
3. I never pay attention to what's behind my actions.	<input type="text"/>
4. I find myself preoccupied with the future or the past.	<input type="text"/>
5. I believe my stories only & the meaning I give them as the only truth.	<input type="text"/>
6. I find myself listening to someone with one ear, doing something else at the same time.	<input type="text"/>
7. 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.	<input type="text"/>
8. I have trouble sleeping because thoughts keep me awake.	<input type="text"/>
9. I rush through activities without being really attentive to them.	<input type="text"/>
10. I tend not to notice feelings of physical tension or discomfort until they	<input type="text"/>

really grab my attention.

- 11. I try to stay busy to keep thoughts/feelings from coming to my mind. 
- 12. I try to distract myself when I feel unpleasant emotions. 
- 13. I break or spill things because of carelessness, not paying attention, or thinking of something else. 
- 14. I believe some of my thoughts are abnormal or bad and I shouldn't think that way. 
- 15. I tend to brood over things which are out of my control. 
- 16. I withhold my truth and speak in a way that allows me to try to manipulate an outcome. 
- 17. It's hard for me to find the words to describe what I'm thinking. 
- 18. When I do things, my mind wanders off and I'm easily distracted. 
- 19. I make judgments about whether my thoughts are good or bad. 
- 20. In difficult situations, I can't pause without immediately reacting. 
- 21. My spontaneous behaviour have resulted in many unwanted actions in my life that I regret. 
- 22. When things don't happen my way, I get upset, stressed & worried. 
- 23. I am impatient with myself & others. 

24. Clinging to my excuses help me alleviate my pain & suffering.
25. I find it very hard to accept situations as they are.
26. I can't let go of any negative thoughts easily.
27. I find it very difficult to control my anger.
28. I am always unable to finish things on time.
29. I find it difficult to accept a different perspective other than mine.
30. I regret many things that I said when I was upset or angry.
31. I react more than respond to any situation.
32. I blame, criticise or judge the actions (or inactions) of others instead of taking personal responsibility for outcomes.
33. When talking with other people, I many a times find myself lost, uninterested & disengaged.
34. There are aspects of myself I don't want to think about.
35. When someone asks how I am feeling, I can't identify my emotions easily.
36. When experiencing a disagreement, you really get angry & say things you don't mean.
37. When someone makes a mistake, your first instinct is to think how dumb they are.

38. Unrealised dreams make me feel too painful and so I simply pin it on others.
39. Being right is the most important thing than to learn & grow.
40. I am living a hectic & stressful life with no time for myself & my hobbies.
41. I feel that I have no control over my life & situations.
42. I tend to get irritated very easily when things are out of my control.
43. I find it difficult to cope with my self-expectations & expectations about others.
44. I tend to ignore my feelings & go about my business.
45. When I worry, I get lost in the future “what ifs” and go into a spiral of additional worries.
46. When I get angry, I know they did it to me.
47. When I feel unforgiving, I realise I should forgive but also realise I am right.
48. When I do something I regret, I fume & feel worthless.
49. When I experience fear, I freeze or run away.
50. When I struggle, I fight for an outcome.

Thank You!

***Disclaimer:** This assessment is not intended to provide a psychological or psychiatric diagnosis and your completion of the test does not indicate a professional counselling or coaching relationship with the creators or administrators of the test.*

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