

State Mindfulness Scale
Version Attached: Full Test

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Instrument Type:
Rating Scale

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**State Mindfulness Scale
SMS**

Items

7. I noticed pleasant and unpleasant emotions.
13. I noticed pleasant and unpleasant thoughts.
14. I noticed emotions come and go.
1. I was aware of different emotions that arose in me.
5. I felt aware of what was happening inside of me.
21. I was aware of what was going on in my mind.
18. I felt closely connected to the present moment.
17. I had moments when I felt alert and aware.
8. I actively explored my experience in the moment.
12. I felt that I was experiencing the present moment fully.
2. I tried to pay attention to pleasant and unpleasant sensations.
22. It was interesting to see the patterns of my thinking.
4. I noticed many small details of my experience.
19. I noticed thoughts come and go.
3. I found some of my experiences interesting.
16. I noticed physical sensations come and go.
23. I noticed some pleasant and unpleasant physical sensations.
15. I noticed various sensations caused by my surroundings (e.g., heat, coolness, the wind on my face).
9. I clearly physically felt what was going on in my body.
20. I felt in contact with my body.
10. I changed my body posture and paid attention to the physical process of moving.