State Mindfulness Scale
Version Attached: Full Test

PsycTESTS Citation:

Instrument Type:
Rating Scale

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I noticed pleasant and unpleasant emotions.

I noticed pleasant and unpleasant thoughts.

I noticed emotions come and go.

I was aware of different emotions that arose in me.

I felt aware of what was happening inside of me.

I was aware of what was going on in my mind.

I felt closely connected to the present moment.

I had moments when I felt alert and aware.

I actively explored my experience in the moment.

I felt that I was experiencing the present moment fully.

I tried to pay attention to pleasant and unpleasant sensations.

It was interesting to see the patterns of my thinking.

I noticed many small details of my experience.

I noticed thoughts come and go.

I found some of my experiences interesting.

I noticed physical sensations come and go.

I noticed some pleasant and unpleasant physical sensations.

I noticed various sensations caused by my surroundings (e.g., heat, coolness, the wind on my face).

I clearly physically felt what was going on in my body.

I felt in contact with my body.

I changed my body posture and paid attention to the physical process of moving.