



## Day-To-Day Experiences

### Mindfulness Attention Awareness Scale (MAAS)

Instructions: Below is a collection of statements about your everyday experience. Using the 1-6 scale, 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 each other.

	Almost Always (1)	Very Frequently (2)	Somewhat Frequently (3)	Somewhat Infrequently (4)	Very Infrequently (5)	Almost Never (6)
I could be experiencing some emotion and not be conscious of it until some time later.						
I break or spill things because of carelessness, not paying attention, or thinking of something else.						
I find it difficult to stay focused on what is happening in the present moment.						
I tend to walk quickly to get where I am going without paying attention to what I experience along the way.						
I tend not to notice feelings of physical tension or discomfort until they really grab my attention.						

	Almost Always (1)	Very Frequently (2)	Somewhat Frequently (3)	Somewhat Infrequently (4)	Very Infrequently (5)	Almost Never (6)
I forget a person's name almost as soon as I have been told it for the first time.						
It seems I am "running on automatic pilot," without much awareness of what I am doing.						
I rush through activities without being really attentive to them.						
I get so focused on the goal I want to achieve that I lose touch with what I am doing right now to get there.						
I do jobs or tasks automatically, without being aware of what I am doing.						
I find myself listening to someone with one ear, doing something else at the same time.						
I drive places on "automatic pilot" and then wonder why I went there (or how did I get there).						
I find myself preoccupied with the future or the past.						

	Almost Always (1)	Very Frequently (2)	Somewhat Frequently (3)	Somewhat Infrequently (4)	Very Infrequently (5)	Almost Never (6)
I find myself doing things without paying attention.						
I snack without being aware that I am.						
TOTAL _____						

Scoring Information: To score the scale, simply add up your score of the 15 items.

1 – 15	Mindful none of the time
16 – 30	Mindful sometimes, but not very much
31 – 45	Mindful sometimes, not practicing attentiveness skills
46 – 60	Mindful sometimes, practicing your attentiveness skills
61 – 75	Mindful sometimes, more often than not
76 – 90	Mindful all the time

Validation Article: Brown, K W and Ryan (2003). The benefits of being present: The role of mindfulness in psychological well-being. *Journal of Personality and Social Psychology*, 84, 822-848.

Scale Description: The concept of mindfulness has a long lineage, dating back more than 2500 years, and writings have discussed the importance of this, and related qualities of consciousness for behavioral self-regulation and well-being. *Mindfulness is an open or receptive awareness of and attention to what is taking place in the present moment.* The construct has been operationalized in dispositional terms by the Mindful Attention Awareness Scale (MAAS), a 5-item self-report instrument with a single factor. The scale has been validated in college, working adult, and cancer patient populations.

Source: *SDT: Questionnaires: Self-Regulation Questionnaires: Religion*. Retrieved June 18, 2005 from <http://www.psych.rochester.edu/SDT/measures/mindfulness.html>.



We need to think of our attention as something we must train just as we train our fingers to play the piano or violin. We don't just practice when we are performing we practice intensely in between performances.

~ Gregg Krech\_\_