

Kentucky Inventory of Mindfulness Skills

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Please rate each of the following statements using the scale provided. Write the number in the blank that best describes your own opinion of what is generally true for you.

1

1	2	3	4	5
Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true

- _____ 1. I notice changes in my body, such as whether my breathing slows down or speeds up.
- _____ 2. I'm good at finding the words to describe my feelings.
- _____ 3. When I do things, my mind wanders off and I'm easily distracted.
- _____ 4. I criticize myself for having irrational or inappropriate emotions.
- _____ 5. I pay attention to whether my muscles are tense or relaxed.
- _____ 6. I can easily put my beliefs, opinions, and expectations into words.
- _____ 7. When I'm doing something, I'm only focused on what I'm doing, nothing else.
- _____ 8. I tend to evaluate whether my perceptions are right or wrong.
- _____ 9. When I'm walking, I deliberately notice the sensations of my body moving.
- _____ 10. I'm good at thinking of words to express my perceptions, such as how things taste, smell, or sound.
- _____ 11. I drive on "automatic pilot" without paying attention to what I'm doing.
- _____ 12. I tell myself that I shouldn't be feeling the way I'm feeling.
- _____ 13. When I take a shower or bath, I stay alert to the sensations of water on my body.
- _____ 14. It's hard for me to find the words to describe what I'm thinking.
- _____ 15. When I'm reading, I focus all my attention on what I'm reading.
- _____ 16. I believe some of my thoughts are abnormal or bad and I shouldn't think that way.
- _____ 17. I notice how foods and drinks affect my thoughts, bodily sensations, and emotions.
- _____ 18. I have trouble thinking of the right words to express how I feel about things.
- _____ 19. When I do things, I get totally wrapped up in them and don't think about anything else.
- _____ 20. I make judgments about whether my thoughts are good or bad.
- _____ 21. I pay attention to sensations, such as the wind in my hair or sun on my face.

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- _____ 22. When I have a sensation in my body, it's difficult for me to describe it because I can't find the right words.
- _____ 23. I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted.
- _____ 24. I tend to make judgments about how worthwhile or worthless my experiences are.
- _____ 25. I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing.
- _____ 26. Even when I'm feeling terribly upset, I can find a way to put it into words.
- _____ 27. When I'm doing chores, such as cleaning or laundry, I tend to daydream or think of other things.
- _____ 28. I tell myself that I shouldn't be thinking the way I'm thinking.
- _____ 29. I notice the smells and aromas of things.
- _____ 30. I intentionally stay aware of my feelings.
- _____ 31. I tend to do several things at once rather than focusing on one thing at a time.
- _____ 32. I think some of my emotions are bad or inappropriate and I shouldn't feel them.
- _____ 33. I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow.
- _____ 34. My natural tendency is to put my experiences into words.
- _____ 35. When I'm working on something, part of my mind is occupied with other topics, such as what I'll be doing later, or things I'd rather be doing.
- _____ 36. I disapprove of myself when I have irrational ideas.
- _____ 37. I pay attention to how my emotions affect my thoughts and behavior.
- _____ 38. I get completely absorbed in what I'm doing, so that all my attention is focused on it.
- _____ 39. I notice when my moods begin to change.