**MAAS: Day-to-Day Experiences**

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.

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| --- | --- | --- | --- | --- | --- | --- |
| Question | Response | | | | | |
| Almost Always (1) | Very Frequently (2) | Somewhat Frequently (3) | Somewhat Infrequently (4) | Very Infrequently (5) | Almost Never (6) |
| 1. I could be experiencing some emotion and not be conscious of it until some time later. |  |  |  |  |  |  |
| 2. I break or spill things because of carelessness, not paying attention, or thinking of something else. |  |  |  |  |  |  |
| 3. I find it difficult to stay focused on what’s happening in the present. |  |  |  |  |  |  |
| 4. I tend to walk quickly to get where I’m going without paying attention to what I experience along the way. |  |  |  |  |  |  |
| 5. I tend not to notice feelings of physical tension or discomfort until they really grab my attention. |  |  |  |  |  |  |
| 6. I forget a person’s name almost as soon as I’ve been told it for the first time. |  |  |  |  |  |  |
| 7. It seems I am “running on automatic,” without much awareness of what I’m doing. |  |  |  |  |  |  |
| 8. I rush through activities without being really attentive to them. |  |  |  |  |  |  |

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| **Question** | **Response** | | | | | |
| **Almost Always (1)** | **Very Frequently (2)** | **Somewhat Frequently (3)** | **Somewhat Infrequently (4)** | **Very Infrequently (5)** | **Almost Never (6)** |
| 9. 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. |  |  |  |  |  |  |
| 10. I do jobs or tasks automatically, without being aware of what I'm doing. |  |  |  |  |  |  |
| 11. I find myself listening to someone with one ear, doing something else at the same time. |  |  |  |  |  |  |
| 12. I drive places on ‘automatic pilot’ and then wonder why I went there. |  |  |  |  |  |  |
| 13. I find myself preoccupied with the future or the past. |  |  |  |  |  |  |
| 14. I find myself doing things without paying attention. |  |  |  |  |  |  |
| 15. I snack without being aware that I’m eating. |  |  |  |  |  |  |

[Brown KW](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Search&itool=pubmed_AbstractPlus&term=%22Brown+KW%22%5BAuthor%5D), [Ryan RM](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Search&itool=pubmed_AbstractPlus&term=%22Ryan+RM%22%5BAuthor%5D), 2003