People have a variety of ways of relating to their thoughts and feelings. For each of the items below, rate how much each of these ways applies to you.

1 (Rarely/Not at all), 2 (Sometimes), 3 (Often), or 4 (Almost always).

1. It is easy for me to concentrate on what I am doing.

2. I am preoccupied by the future.

3. I can tolerate emotional pain.

4. I can accept things I cannot change.

5. I can usually describe how I feel at the moment in considerable detail.

6. I am easily distracted.

7. I am preoccupied by the past.

8. It's easy for me to keep track of my thoughts and feelings.

9. I try to notice my thoughts without judging them.

10. I am able to accept the thoughts and feelings I have.

11. I am able to focus on the present moment.

12. I am able to pay close attention to one thing for a long period of time.