

About you and your body

Please indicate how often each statement applies to you generally in daily life.

When I bring awareness to my body I feel a sense of calm *

Never 0 1 2 3 4 5 6 Always

I notice that my breathing becomes free and easy when I feel comfortable *

Never 0 1 2 3 4 5 6 Always

When I feel physical pain, I become upset *

Never 0 1 2 3 4 5 6 Always

I notice that my body feels different after a peaceful experience *

Never 0 1 2 3 4 5 6 Always

When I am in discomfort or pain I cannot get it out of my mind *

Never 0 1 2 3 4 5 6 Always

When I am upset, I take time to explore how my body feels *

Never 0 1 2 3 4 5 6 Always

When I am tense I notice where the tension is located in my body *

Never 0 1 2 3 4 5 6 Always

I listen for information from my body about my emotional state *

Never 0 1 2 3 4 5 6 Always

I start to worry that something is wrong if I feel any discomfort *

Never 0 1 2 3 4 5 6 Always

I can maintain awareness of my inner bodily sensations even when there is a lot going on around me *

Never 0 1 2 3 4 5 6 Always

When something is wrong in my life I can feel it in my body *

Never 0 1 2 3 4 5 6 Always

I notice changes in my breathing, such as whether it slows down or speeds up *

Never 0 1 2 3 4 5 6 Always

I distract myself from sensations of discomfort *

Never 0 1 2 3 4 5 6 Always

When I feel pain or discomfort, I try to power through it *

Never 0 1 2 3 4 5 6 Always

I push feelings of discomfort away by focusing on something *

Never 0 1 2 3 4 5 6 Always

When I feel overwhelmed I can find a calm place inside *

Never 0 1 2 3 4 5 6 Always

When I am in conversation with someone, I can pay attention to my posture *

Never 0 1 2 3 4 5 6 Always

I listen to my body to inform me about what to do *



I can maintain awareness of my whole body even when a part of me is in pain or discomfort *



I can refocus my attention from thinking to sensing my body *



I can use my breath to reduce tension *



I can return awareness to my body if I am distracted *



I try to ignore pain *



When I feel unpleasant body sensations, I occupy myself with something else so I do not have to feel them *



I notice when I am uncomfortable in my body *



I can stay calm and not worry when I have feelings of discomfort or pain *



I am able to consciously focus on my body as a whole *

Never 0 1 2 3 4 5 6 Always

I am at home in my body *

Never 0 1 2 3 4 5 6 Always

I notice how my body changes when I am angry *

Never 0 1 2 3 4 5 6 Always

I ignore physical tension or discomfort until they become more severe *

Never 0 1 2 3 4 5 6 Always

When I am caught up in thoughts, I can calm my mind by focusing on my body/breathing *

Never 0 1 2 3 4 5 6 Always

I notice how my body changes when I feel happy / joyful *

Never 0 1 2 3 4 5 6 Always

I notice where in my body I am comfortable *

Never 0 1 2 3 4 5 6 Always

I can pay attention to my breath without being distracted by things happening around me *

Never 0 1 2 3 4 5 6 Always

I notice that I am being asked to respond all the way to the right *

Never 0 1 2 3 4 5 6 Always

I can notice an unpleasant body sensation without worrying about it *

Never 0 1 2 3 4 5 6 Always

I trust my body sensations *

Never 0 1 2 3 4 5 6 Always

I feel my body is a safe place *

Never 0 1 2 3 4 5 6 Always

Complete