

Freiburg Mindfulness Inventory

The purpose of this inventory is to characterize your experience of mindfulness. Please use the last 30 days as the time-frame to consider each item. Provide an answer the for every statement as best you can. Please answer as honestly and spontaneously as possible. There are neither 'right' nor 'wrong' answers, nor 'good' or 'bad' responses. What is important to us is your own personal experience.

1	2	3	4
Rarely	Occasionally	Fairly often	Almost always

I am open to the experience of the present moment.	1	2	3	4
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I sense my body, whether eating, cooking, cleaning or talking.	1	2	3	4
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When I notice an absence of mind, I gently return to the experience of the here and now.	1	2	3	4
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I am able to appreciate myself.	1	2	3	4
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I pay attention to what's behind my actions.	1	2	3	4
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I see my mistakes and difficulties without judging them.	1	2	3	4
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I feel connected to my experience in the here-and-now.	1	2	3	4
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I accept unpleasant experiences.	1	2	3	4
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I am friendly to myself when things go wrong.	1	2	3	4
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I watch my feelings without getting lost in them.	1	2	3	4
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In difficult situations, I can pause without immediately reacting.	1	2	3	4
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I experience moments of inner peace and ease, even when things get hectic and stressful.	1	2	3	4
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I am impatient with myself and with others.	1	2	3	4
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I am able to smile when I notice how I sometimes make life difficult.	1	2	3	4
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sum:

subject: