NEUROHEADWAY
Neuroscience Into Education

Mindfulness Assessment – Part 2

1. When I am startled, I notice what is going on inside my body.

- Never
- Rarely
- Sometimes
- Often
- Very Often

2. I am aware of thoughts I'm having when my mood changes.

- Never
- Rarely
- Sometimes
- Often
- Very Often

3. I am aware of what thoughts are passing through my mind.

- Never
- Rarely
- Sometimes
- Often
- Very Often

5. I tell myself that I shouldn't feel sad.

- Never
- Rarely
- Sometimes
- Often
- Very Often

6. I tell myself that I shouldn't have certain thoughts.

- Never
- Rarely
- Sometimes
- Often
- Very Often

7. I try to distract myself when I feel unpleasant emotions.

- Never
- Rarely
- Sometimes
- Often
- Very Often

8. I try to put my problems out of mind.

- Never
- Rarely
- Sometimes
- Often
- Very Often

9. I try to stay busy to keep thoughts or feelings from coming to mind.

- Never
- Rarely
- Sometimes
- Often
- Very Often

10. I wish I could control my emotions more easily.

- Never
- Rarely
- Sometimes
- Often
- Very Often

11. If there is something I don't want to think about, I'll try many things to get it out of my mind.

- Never
- Rarely
- Sometimes
- Often
- Very Often

12. There are aspects of myself I don't want to think about.

- Never
- Rarely
- Sometimes
- Often
- Very Often

13. There are things I try not to think about.

- Never
- Rarely
- Sometimes
- Often
- Very Often

14. When I have a bad memory, I try to distract myself to make it go away.

- Never
- Rarely
- Sometimes
- Often
- Very Often

15. When I shower, I am aware of how the water is running over my body.

- Never
- Rarely
- Sometimes
- Often
- Very Often

16. When I walk outside, I am aware of smells or how the air feels against my face.

- Never
- Rarely
- Sometimes
- Often
- Very Often

17. When someone asks how I am feeling, I can identify my emotions easily.

- Never
- Rarely
- Sometimes
- Often
- Very Often

18. When talking with other people, I am aware of the emotions I am experiencing.

- Never
- Rarely
- Sometimes
- Often
- Very Often

19. Whenever my emotions change, I am conscious of them immediately.

- Never
- Rarely
- Sometimes
- Often
- Very Often

20. When talking with other people, I am aware of their facial and body expressions.

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21. What is your age?

- Under 18
- 18 - 29
- 30 - 49
- 50 - 65
- Over 65

22. In terms of your gender identity, do you see yourself as:

- Female/Woman

- Male/Man
- Gender non-binary
- I prefer to self-identify

23. What is your marital status?

- Single
- In a relationship
- In a relationship and living with partner
- Married
- Divorced
- Widowed

24. How many children do you have?

- None
- One

- Two
- Three
- More than three

25. How often do you meditate?

- Never
- Several times per year
- Several times per month
- Several times per week
- Daily