

# Mindfulness Self Assessment

There are various mindfulness evaluation tools. This one is essentially\* the 14 scale (short version) Freiburg Mindfulness Inventory (FMI) © by Walach, Buchheld, Grossman & Schmidt.

It takes less than 5 minutes to complete and as such provides a useful quick tool to evaluate one's own mindfulness experience.

*Using the last 7 days as the time-frame to consider each item, answer every statement as best you can, answering as honestly and spontaneously as possible. Remember there are neither 'right' nor 'wrong' answers, nor 'good' or 'bad' responses: it is your own personal experience that is important.*

	Rarely	Occasionally	Fairly Often	Almost Always
1. I am open to the experience of the present moment.	1	2	3	4
2. I sense my body, whether eating, cooking, cleaning or talking.	1	2	3	4
3. When I notice an absence of mind, I gently return to the experience of the here and now.	1	2	3	4
4. I am able to appreciate myself.	1	2	3	4
5. I pay attention to what's behind my actions.	1	2	3	4
6. I see my mistakes and difficulties without judging them.	1	2	3	4
7. I feel connected to my experience in the here-and-now.	1	2	3	4
8. I accept unpleasant experiences.	1	2	3	4
9. I am friendly to myself when things go wrong.	1	2	3	4
10. I watch my feelings without getting lost in them.	1	2	3	4
11. In difficult situations, I can pause without immediately reacting.	1	2	3	4
12. I experience moments of inner peace and ease, even when things get hectic and stressful.	1	2	3	4
13. I am patient with myself and with others.	1	2	3	4
14. I am able to smile when I notice how I sometimes make life difficult.	1	2	3	4
<b>Summary Score**</b>				

Source: Walach, H., Buchheld, N., Buttenmüller, V., Kleinknecht, N., and Schmidt, S. (2006). *Measuring mindfulness—the Freiburg Mindfulness Inventory (FMI)*, *Personality and Individual Differences*, 40:1543–1555

\* the difference is that in the short version FMI, item 13 is reversed.

\*\* the higher the score, higher the level of mindfulness