

# Philadelphia Mindfulness Scale (PHLMS)

***Instructions:*** Please circle how often you experienced each of the following statements *within the past week.*

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

15. I notice changes inside my body, like my heart beating faster or my muscles getting tense.

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

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

1	2	3	4	5
Never	Rarely	Sometimes	Often	Very Often

**For more Self Improvement tools, go to:**

**<http://theselfimprovementsite.com/tools/>**

**Scoring:**

Awareness Subscale: items 1,3,5,7,9,11,13,15,17,19

Acceptance Subscale: items 2,4,6,8,10,12,14,16,18,20