

Name \_\_\_\_\_

Date \_\_\_\_\_

**MINDFULNESS-1**

Please respond to the statements below with the appropriate response to the right.

Strongly Agree      Agree      Not Sure      Disagree      Strongly Disagree

	SA	A	NS	D	SD
1. I am able to experience negative and positive emotions in the moment					
2. I experience my body as being connected to the emotions I feel					
3. I feel capable of navigating my emotions as I experience them					
4. I am able to turn my awareness inward as I experience emotions					
5. I have skills that I can utilize to process my emotions					
6. I would like to expand my awareness of body/mind connectedness					
7. I would like to learn more skills to acknowledge my emotions and stay with them					