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Mindfulness Questionnaire

Please rate your answers to each question below by placing an “x” in one of the columns to the right. Use the following scale:

1. Hardly Ever
2. Occasionally
3. Often

		1	2	3
1	Do you sometimes jump to conclusions about your partner’s intentions or motivations only to find out later that you were wrong?			
2	Do you sometimes say or do things when you are mad or frustrated that you later regret, or that only have made matters worse?			
3	Do you tend to take the same role in arguments over and over again?			
4	Do you have trouble hearing your partner out without interrupting or inserting your point of view?			
5	Do you have a tendency to be too opinionated or too confident that your opinions are better than your partner’s? Do you need to be more open-minded?			
6	Do you find it hard to turn your mind off?			
7	In the back of your head, are you frequently thinking, analyzing, evaluating or planning?			
8	Do you feel stressed, pressured, or have a background feeling of anxiety or urgency?			
9	Do you find it difficult to take breaks and enjoy the present moment when problems are unresolved or unfinished tasks await you?			
10	Does your partner complain that you are preoccupied and really not with him or her even when you are physically present?			
11	Do you need to be better at just listening to your partner and caring about what he or she is experiencing rather than evaluating what happened, or thinking about what he or she should do?			
12	Do you sometimes have trouble remembering what your partner told you, or agreements that you made with your partner?			
13	Do you feel that the simple pleasures of life are passing you by because you are preoccupied with building a better future?			

14	Does it feel like you are on a treadmill and can't get off?			
15	Does life sometimes seem monotonous or boring? Do you feel restless, yearning for something more?			
16	Do you tend to ruminate too much when something happens that upset you?			
17	Do you have trouble letting things go or putting things on the shelf for a while if problems are unresolved?			
18	When things happen that you don't like or agree with, are your reactions sometimes too intense?			
19	Do you need to be better at calming yourself when you are upset?			
20	Do you give in to keep the peace even though you don't think your partner is being fair?			
21	Do you need to be better at not letting it bother you so much when your partner misinterprets your actions or fails to understand you?			
22	Do you ever wonder if you have a limited ability to experience feelings that others appear to experience more freely than you (e.g., feelings of love, warmth, tenderness or affection, natural interest in others, desire for affection and warm, fuzzy nurturing attention, feelings of sexual interest)?			
23	Do you need to see the positive side of things more often, feel more grateful or be more optimistic that things can go well?			
24	Do you need to be better at empathy? Do you know that you should feel sympathetic toward your partner but sometimes you honestly don't?			
25	Do you wonder if you are somewhat "shut down" and you don't experience enough need for emotional support and connection to sustain an intimate relationship?			
26	When you feel stressed or upset, is your ability to react effectively and do the right thing diminished?			
Column Totals				
Grand Total				

If your response to any of the inventory questions was "2" or "3," you can benefit from mindfulness training. Scores of 39 – 52 suggest that you will benefit substantially from training, and scores above 52 suggest a strong need for training.

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