

We want to know more about what you think, how you feel, and what you do. **Read** each sentence. Then, circle the number that tells **how often** each sentence is true for you.

|    |                                                                                                                    | Never<br>true            | Rarely<br>true           | Sometimes<br>true        | Often<br>true            | always<br>true           |
|----|--------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1  | I get upset with myself for having feelings that don't make sense.                                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2  | At school, I walk from class to class without noticing what I'm doing.                                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3  | I keep myself busy so I don't notice my thoughts or feelings.                                                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4  | I tell myself that I shouldn't feel the way I'm feeling.                                                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5  | I push away thoughts that I don't like.                                                                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6  | It's hard for me to pay attention to only one thing at a time.                                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7  | I get upset with myself for having certain thoughts.                                                               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8  | I think about things that have happened in the past instead of thinking about things that are happening right now. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9  | I think that some of my feelings are bad and that I shouldn't have them.                                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | I stop myself from having feelings that I don't like.                                                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

***Scoring instructions for the researcher:***

Apply scores as follows:

| <b>Never true</b> | <b>Rarely true</b> | <b>Sometimes true</b> | <b>Often true</b> | <b>always true</b> |
|-------------------|--------------------|-----------------------|-------------------|--------------------|
| <b>4</b>          | <b>3</b>           | <b>2</b>              | <b>1</b>          | <b>0</b>           |

If scored in this direction, higher scores reflect higher levels of mindfulness

Compute total score on the CAMM by summing all items.