Instructions: Below is a collection of statements about your everyday experience. Using the 1-6 scale below, please indicate how frequently or infrequently you currently have each experience. Please answer according to what *really reflects* your experience rather than what you think your experience should be. Please treat each item separately from every other item.

1	2	3	4	5	6
Almost Always	Very Frequently	Somewhat Frequently	Somewhat Infrequently	Very Infrequently	Almost Never

	1	2	3	4	5	6
I could be experiencing some emotion and not be conscious of it until some time later.	☐	☐	☐	☐	☐	☐
I break or spill things because of carelessness, not paying attention, or thinking of something else.	☐	☐	☐	☐	☐	☐
I find it difficult to stay focused on what's happening in the present.	☐	☐	☐	☐	☐	☐
I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.	☐	☐	☐	☐	☐	☐
I tend not to notice feelings of physical tension or discomfort until they really grab my attention.	☐	☐	☐	☐	☐	☐
I forget a person's name almost as soon as I've been told it for the first time.	☐	☐	☐	☐	☐	☐
It seems I am "running on automatic," without much awareness of what I'm doing.	☐	☐	☐	☐	☐	☐
I rush through activities without really being attentive to them.	☐	☐	☐	☐	☐	☐
I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there.	☐	☐	☐	☐	☐	☐
I do jobs or tasks automatically, without being aware of what I'm doing.	☐	☐	☐	☐	☐	☐
I find myself listening to someone with one ear, doing something else at the same time.	☐	☐	☐	☐	☐	☐
I drive places on 'automatic pilot' and then wonder why I went there.	☐	☐	☐	☐	☐	☐
I find myself preoccupied with the future or the past.	☐	☐	☐	☐	☐	☐
I find myself doing things without paying attention.	☐	☐	☐	☐	☐	☐
I snack without being aware that I'm eating.	☐	☐	☐	☐	☐	☐