

TMS-Trait

We are interested in your day-to-day experiences. Below is a list of things that people sometimes experience.

Please read each statement. Please indicate the extent to which you agree with each statement. In other words, how well does the statement describe your experience?

There are no "right" or "wrong" answers, so please answer in a way that reflects your own experiences.

| | Not at all | A little | Moderately | Quite a bit | Very much |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. I experience myself as separate from my changing thoughts and feelings. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. I am more concerned with being open to my experiences than controlling or changing them. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. I am curious about what I might learn about myself by taking notice of how I react to certain thoughts, feelings or sensations. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. I experience my thoughts more as events in my mind than as a necessarily accurate reflection of the way things 'really' are. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. I am curious to see what my mind is up to from moment to moment. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. I am curious about each of my thoughts and feelings as they occur. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. I am receptive to observing unpleasant thoughts and feelings without interfering with them. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. I am more invested in just watching my experiences as they arise, than in figuring out what they could mean. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. I approach each experience by trying to accept it, no matter whether it is pleasant or unpleasant. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. I remain curious about the nature of each experience as it arises. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. I am aware of my thoughts and feelings without overidentifying with them. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. I am curious about my reactions to things. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. I am curious about what I might learn about myself by just taking notice of what my attention gets drawn to. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Scoring:

All items are written in the positively keyed direction, so no reverse scoring of items is required.

The items belong to two subscales:

Curiosity score: The following items are summed: 3, 5, 6, 10, 12, 13

Decentering score: The following items are summed: 1, 2, 4, 7, 8, 9, 11