

**Suggested Use: Please complete twice;
once at the start of the program, once upon completion of the program.**

Day-To-Day Experiences

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