

mindful attention diary

Below is a collection of statements about your everyday experience. Four times daily please use the 1–6 scale below to indicate how frequently or infrequently you have had each experience in the time since the previous assessment point (don't include time asleep!). Write your answers in the appropriate box of the one week diary form (including total at 'T'). Please answer according to what really reflects your experience rather than what you think your experience should be.

almost always	very frequently	somewhat frequently	somewhat infrequently	very infrequently	almost never
1	2	3	4	5	6

1	I find it difficult to stay focused on what's happening in the present
2	I rush through activities without being really attentive to them
3	I do jobs or tasks automatically, without being aware of what I'm doing
4	I find myself preoccupied with the future or the past
5	I find myself doing things without paying attention

diary form	monday		tuesday		wed'day		thursday		friday		sat'rday		sunday	
br'kfast	1	2	1	2	1	2	1	2	1	2	1	2	1	2
	3	4	3	4	3	4	3	4	3	4	3	4	3	4
	5	T	5	T	5	T	5	T	5	T	5	T	5	T
lunch	1	2	1	2	1	2	1	2	1	2	1	2	1	2
	3	4	3	4	3	4	3	4	3	4	3	4	3	4
	5	T	5	T	5	T	5	T	5	T	5	T	5	T
supper	1	2	1	2	1	2	1	2	1	2	1	2	1	2
	3	4	3	4	3	4	3	4	3	4	3	4	3	4
	5	T	5	T	5	T	5	T	5	T	5	T	5	T
bedtime	1	2	1	2	1	2	1	2	1	2	1	2	1	2
	3	4	3	4	3	4	3	4	3	4	3	4	3	4
	5	T	5	T	5	T	5	T	5	T	5	T	5	T

adapted from: Brown K W & Ryan R M. The benefits of being present: mindfulness and its role in psychological well-being. Journal of Personality and Social Psychology 2003; 84(4): 822-848.