Kentucky Inventory of Mindfulness Skills

Ruth A. Baer, Ph.D.
University of Kentucky

Please rate each of the following statements using the scale provided. Write the number in the blank that best describes your <u>own opinion</u> of what is <u>generally true for you</u>.

1	2	3	4	5
Never or very rarely true	**Rarely true**	**Sometimes true**	**Often true**	**Very often or always true**

_____1. I notice changes in my body, such as whether my breathing slows down or speeds up.

_____2. I'm good at finding the words to describe my feelings.

_____3. When I do things, my mind wanders off and I'm easily distracted.

_____4. I criticize myself for having irrational or inappropriate emotions.

_____5. I pay attention to whether my muscles are tense or relaxed.

_____6. I can easily put my beliefs, opinions, and expectations into words.

_____7. When I'm doing something, I'm only focused on what I'm doing, nothing else.

_____8. I tend to evaluate whether my perceptions are right or wrong.

_____9. When I'm walking, I deliberately notice the sensations of my body moving.

_____10. I'm good at thinking of words to express my perceptions, such as how things taste, smell, or sound.

_____11. I drive on "automatic pilot" without paying attention to what I'm doing.

_____12. I tell myself that I shouldn't be feeling the way I'm feeling.

_____13. When I take a shower or bath, I stay alert to the sensations of water on my body.

_____14. It's hard for me to find the words to describe what I'm thinking.

_____15. When I'm reading, I focus all my attention on what I'm reading.

_____16. I believe some of my thoughts are abnormal or bad and I shouldn't think that way.

_____17. I notice how foods and drinks affect my thoughts, bodily sensations, and emotions.

_____18. I have trouble thinking of the right words to express how I feel about things.

_____19. When I do things, I get totally wrapped up in them and don't think about anything else.

_____20. I make judgments about whether my thoughts are good or bad.

_____21. I pay attention to sensations, such as the wind in my hair or sun on my face.

1	2	3	4	5
Never or very rarely true	**Rarely true**	**Sometimes true**	**Often true**	**Very often or always true**

_____22. When I have a sensation in my body, it's difficult for me to describe it because I can't find the right words.

_____23. I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted.

_____24. I tend to make judgments about how worthwhile or worthless my experiences are.

_____25. I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing.

_____26. Even when I'm feeling terribly upset, I can find a way to put it into words.

_____27. When I'm doing chores, such as cleaning or laundry, I tend to daydream or think of other things.

_____28. I tell myself that I shouldn't be thinking the way I'm thinking.

_____29. I notice the smells and aromas of things.

_____30. I intentionally stay aware of my feelings.

_____31. I tend to do several things at once rather than focusing on one thing at a time.

_____32. I think some of my emotions are bad or inappropriate and I shouldn't feel them.

_____33. I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow.

_____34. My natural tendency is to put my experiences into words.

_____35. When I'm working on something, part of my mind is occupied with other topics, such as what I'll be doing later, or things I'd rather be doing.

_____36. I disapprove of myself when I have irrational ideas.

_____37. I pay attention to how my emotions affect my thoughts and behavior.

_____38. I get completely absorbed in what I'm doing, so that all my attention is focused on it.

_____39. I notice when my moods begin to change.

KIMS Scoring instructions

For all items marked "R" the scoring must be reversed. Change 1 to 5, 2 to 4, 4 to 2, and 5 to 1 (3 stays unchanged). Then sum the scores for each subscale.

Observe:
1, 5, 9, 13, 17, 21, 25, 29, 30, 33, 37, 39

Describe:
2, 6, 10, 14R, 18R, 22R, 26, 34

Act with awareness:
3R, 7, 11R, 15, 19, 23R, 27R, 31R, 35R, 38

Accept without judgment:
4R, 8R, 12R, 16R, 20R, 24R, 28R, 32R, 36R

For more information, see:

Baer, R. A., Smith G. T., & Allen, K. B. (2004). Assessment of mindfulness by self-report: The Kentucky Inventory of Mindfulness Skills. *Assessment, 11*, 191-206.