

### Mindfulness Quiz: How Aware Are You?

1. I experience emotions and not be aware of it until some time later (i.e. anger, frustration shows up as road rage). **Y / N**
2. I knock things over, break or spill things because of carelessness, not paying attention, or thinking of something else. **Y / N**
3. I find it difficult to stay focused on what's happening in the NOW. **Y / N**
4. I tend to walk quickly to get where I'm going without paying attention to what is happening along the way. **Y / N**
5. I tend not to notice feelings of physical tension or discomfort until they really become bothersome. **Y / N**
6. I forget a person's name almost as soon as I've been told it for the first time. **Y / N**
7. It seems I am "running on autopilot" without much awareness of what I'm doing. **Y / N**
8. I rush through activities without being attentive to them, thinking about the next "to do". **Y / N**
9. I get so focused on the goal I want to achieve that I lose touch with what I am doing and need to do right now to get there. **Y / N**
10. I do jobs or tasks so routinely they become automatic, without being aware of what I'm doing. **Y / N**
11. I find myself half listening to someone with one ear, doing something else at the same time. **Y / N**
12. I drive places (i.e. home/work/school) without remembering the drive and then wonder how I got there. **Y / N**
13. I find myself preoccupied with the future or the past often. **Y / N**
14. I find myself doing things unconsciously, without paying attention. **Y / N**
15. I snack without being aware that I'm eating almost habitual. **Y / N**