# APPENDIX A: MINDLESSNESS INVENTORY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 – Rarely | 2 – Sometimes | 3 – Often | 4 – Very Often | 5 – Most of the time |

Using this scale rate how often each of the following happens:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 |
| Breaking things, spilling things, clumsiness, accidents because of carelessness, inattention or thinking about something else. | ❑ | ❑ | ❑ | ❑ | ❑ |
| Failing to notice subtle or not-so-subtle feelings of physical discomfort,  pain, tension etc. | ❑ | ❑ | ❑ | ❑ | ❑ |
| Forgetting someone’s name as soon as you hear it. | ❑ | ❑ | ❑ | ❑ | ❑ |
| I listen to someone with one ear while doing something else at the same time. | ❑ | ❑ | ❑ | ❑ | ❑ |
| I get so focussed on goals that I lose touch with what I am doing right now. | ❑ | ❑ | ❑ | ❑ | ❑ |
| I get lost in my thoughts and feelings. | ❑ | ❑ | ❑ | ❑ | ❑ |
| Being preoccupied with the future or the past. | ❑ | ❑ | ❑ | ❑ | ❑ |
| Eating without being aware of eating. | ❑ | ❑ | ❑ | ❑ | ❑ |
| Having periods of time where you have difficulty remembering the detail  of what happened (not dissociative state) – running on automatic. | ❑ | ❑ | ❑ | ❑ | ❑ |
| Reacting emotionally in certain ways – feeling like an emotion just “came out of nowhere.” | ❑ | ❑ | ❑ | ❑ | ❑ |
| I daydream or think of other things when doing chores. | ❑ | ❑ | ❑ | ❑ | ❑ |
| I do several things at once rather than focussing on one thing at a time. | ❑ | ❑ | ❑ | ❑ | ❑ |