Kentucky Inventory of Mindfulness Skills
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Please rate each of the following statements using the scale provided. Write the number in the blank that best describes your own opinion of what is generally true for you.

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<td>Never or very rarely true</td>
<td>Rarely true</td>
<td>Sometimes true</td>
<td>Often true</td>
<td>Very often or always true</td>
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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.
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_____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:**

**Accept without judgment:**

For more information, see: