



Christian Mindfulness Awareness Scale

The Christian Meditator

Below are questions about everyday experiences related to your life and walk with God. Using the 1-6 scale, please indicate how frequently or infrequently you currently have each experience.

	<u>1</u> Almost Always	<u>2</u> Very Frequently	<u>3</u> Somewhat Frequently	<u>4</u> Somewhat Infrequently	<u>5</u> Very Infrequently	<u>6</u> Almost Never
I have a regularly schedule quiet time with God.						
I feel that something is missing in my walk with Christ.						
I feel a lack of intimacy with the Lord.						
I find myself feeling depressed.						
I have a difficult time turning off the voices in my head.						
I am easily distracted and have a hard time concentrating on one thing for long.						
I find it difficult to focus on one thing at a time.						
Usually when I am in a conversation, I'm thinking about something else.						
I am frequently preoccupied with the past or the future.						
My moods change quickly.						
I find myself reacting emotionally to things that are happening around me.						
I deal with feelings of anxiety or negative thoughts.						
My life lacks contentment and joy.						
I'm find myself living on autopilot.						
I rush through activities without being really attentive to what I am doing?						
I tend to not notice feelings of physical or emotional tension until much later.						

Your Name:

Date: