

Mindfulness Attention Awareness Scale

Name: Luna Lovegood

Date: December 20, 2023

Please read each statement and indicate how frequently you have these experiences. Use the following scale to choose the most appropriate number for each item.

1 = Almost Always, 2 = Very Frequently, 3 = Somewhat Frequently, 4 = Somewhat Infrequently, 5 = Very Infrequently, 6 = Almost Never

	Question	Rating
1	I find myself doing things without paying attention.	2
2	I break or spill things because of carelessness, not paying attention, or thinking of something else.	3
3	I find it difficult to stay focused on what's happening in the present.	2
4	I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.	4
5	I tend not to notice feelings of physical tension or discomfort until they really grab my attention.	3
6	I forget a person's name almost as soon as I've been told it for the first time.	6
7	It seems I am "running on automatic" without much awareness of what I'm doing.	5
8	I rush through activities without being really attentive to them.	4
9	I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there.	2
10	I do jobs or tasks automatically, without being aware of what I'm doing.	2
11	I find myself listening to someone with one ear, doing something else at the same time.	4
12	I drive places on 'auto pilot' and then wonder why I went there.	1
13	I find myself preoccupied with the future or the past.	1
14	I find myself going places without paying attention to what I experience along the way.	5
15	I find myself doing something without being aware of why I'm doing it.	4
	Total Score	48

Scoring:

- Add the scores for each item to get a total score.
- **A lower score indicated higher levels of mindfulness.**

Reflection and Action Plan**Patient's reflections on their mindfulness level**

I've noticed that I often get lost in my thoughts, especially when I'm wandering around the castle or sitting in class. Sometimes, I'm so caught up in my daydreams that I miss out on what's happening around me. I forget names and sometimes find myself in places without remembering how I got there. I'd like to be more present,

Action plan for increasing mindfulness

1. Mindful Walking: Guide Luna to engage in mindful walks, where she pays attention to each step and the sensations of movement, rather than letting her mind wander.
2. Journaling: Recommend Luna to keep a daily journal, noting moments when she finds herself lost in thought and what brought her back to the present.
3. Mindful Listening Exercises: During conversations, Luna should practice focusing entirely on the speaker, noting the content and emotions in their speech.

Additional Notes

Additional observations or comments by the patient or mental health professional. Luna shows signs of frequent absent-mindedness and a tendency to drift into her thoughts, often missing immediate experiences. Recommended actions include guided mindfulness exercises and daily self-reflection practices to enhance present-moment awareness