**Instructions**: Everyone gets confronted with negative or stressful events in daily life, and people who

practice mindfulness experience these events in different ways. Please indicate how often you have

used mindfulness in each of the following ways for the period of the **last week (past 7 days).**

I used mindfulness practice to…

1. Observe my thoughts in a detached manner.

\_ 0. Never \_ 1. Rarely \_ 2. Sometimes \_ 3. Often \_ 4. Almost Always

2. Relax my body when I am tense.

\_ 0. Never \_ 1. Rarely \_ 2. Sometimes \_ 3. Often \_ 4. Almost Always

3. See that my thoughts are not necessarily true.

\_ 0. Never \_ 1. Rarely \_ 2. Sometimes \_ 3. Often \_ 4. Almost Always

4. Enjoy the little things in life more fully.

\_ 0. Never \_ 1. Rarely \_ 2. Sometimes \_ 3. Often \_ 4. Almost Always

5. Calm my emotions when I am upset.

\_ 0. Never \_ 1. Rarely \_ 2. Sometimes \_ 3. Often \_ 4. Almost Always

6. Stop reacting to my negative impulses.

\_ 0. Never \_ 1. Rarely \_ 2. Sometimes \_ 3. Often \_ 4. Almost Always

7. See the positive side of difficult circumstances.

\_ 0. Never \_ 1. Rarely \_ 2. Sometimes \_ 3. Often \_ 4. Almost Always

8. Reduce tension when I am stressed.

\_ 0. Never \_ 1. Rarely \_ 2. Sometimes \_ 3. Often \_ 4. Almost Always

9. Realize that I can grow stronger from difficult circumstances.

\_ 0. Never \_ 1. Rarely \_ 2. Sometimes \_ 3. Often \_ 4. Almost Always

10. Stop my unhelpful reactions to situations.

\_ 0. Never \_ 1. Rarely \_ 2. Sometimes \_ 3. Often \_ 4. Almost Always

11. Be aware of and appreciate pleasant events.

\_ 0. Never \_ 1. Rarely \_ 2. Sometimes \_ 3. Often \_ 4. Almost Always

12. Let go of unpleasant thoughts and feelings.

\_ 0. Never \_ 1. Rarely \_ 2. Sometimes \_ 3. Often \_ 4. Almost Always

13. Realize that my thoughts are not facts.

\_ 0. Never \_ 1. Rarely \_ 2. Sometimes \_ 3. Often \_ 4. Almost Always

14. Notice pleasant things in the face of difficult circumstances.

\_ 0. Never \_ 1. Rarely \_ 2. Sometimes \_ 3. Often \_ 4. Almost Always

15. See alternate views of a situation.

\_ 0. Never \_ 1. Rarely \_ 2. Sometimes \_ 3. Often \_ 4. Almost Always

Notes:

The Applied Mindfulness Process Scale (AMPS) is public domain and does not require special

permission for use in research or clinical work. The AMPS measures the application of mindfulness

practices in daily life among persons participating in mindfulness-based interventions (MBIs). This

process measure has been validated for use among adult mindfulness practitioners and college

students enrolled in a MBI (Li, Black, & Garland, 2016). Completion of the instrument should take approximately 5 minutes.

Scoring

The Applied Mindfulness Process Scale (AMPS) is a process measure used to quantify how

participants in mindfulness-based interventions (MBIs) use mindfulness practice when facing

challenges in daily life. Development and validation of the AMPS yielded 15 items representing three

domains of applied mindfulness processes:

(a) **decentering** (items 1, 3, 12, 13, 15) sum items

(b) **positive emotional regulation** (items 4, 7, 9, 11, 14) sum items

(c) **negative emotional regulation** (items 2, 5, 6, 8, 10) sum items

Instructions: Sum each factor individually to obtain a score ranging from 0-20

Sum all 15 items to obtain a **total score** ranging from 0-60

Reference

Li, M. J., Black, D. S., Garland, E. L. (2016). The Applied Mindfulness Process Scale (AMPS): A process measure for evaluating mindfulness-based interventions. *Personality and Individual Differences, 93*,6-15.