#### **Quality of Mindfulness Practice Sheet**

Please place a cross to indicate the approximate percentage of time that your experience reflected each of the 6 statements below, each time you practice.

### **1.** During practice, I attempted to return to my present-moment experience, whether unpleasant, pleasant, or neutral.

Mindfulness practice/ date	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

# 2. During practice, I attempted to return to each experience, no matter how unpleasant, with a sense that "It's OK to experience this".

Mindfulness practice/ date	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

# **3.** During practice, I attempted to feel each experience as bare sensations in the body (tension in throat, movement in belly, etc).

Mindfulness practice/ date 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

### **4.** During practice, I was struggling against having certain experiences (e.g., unpleasant thoughts, emotions, and/or bodily sensations).

Mindfulness practice/ date	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

#### 5. During practice, I was actively avoiding or "pushing away" certain experiences.

Mindfulness practice/ date	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

#### **6.** During practice, I was actively trying to fix or change certain experiences, in order to get to a "better place".

Mindfulness practice/ date	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Adjusted version of : Six-item Practice Quality-Mindfulness (PQ-M) A. C. Del Re, Christoph Flückiger, Simon Benjamin Goldberg & William T. Hoyt (2012): Monitoring mindfulness practice quality: An important consideration in mindfulness practice, Psychotherapy Research, DOI:10.1080/10503307.2012.729275