**Alább egy sor állítást talál. Kérem jelölje meg, hogy az egyes állítások milyen gyakran jellemzőek Önre általában a mindennapokban.**

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| 1. If I am tense, I notice where the tension in my body is. |
| 2. I notice when I am feeling uncomfortably in my body. |
| 3. I notice where pleasant sensations are in my body. |
| 4. I notice changes in my breathing, for example when it is getting slower or faster. |
| 5. I ignore physical tensions or unpleasantness until it gets more serious. |
| 6. I distract my attention from unpleasant bodily sensations. |
| 7. If I feel pain or unpleasantness, I try to get it under control.  |
| 8. Feeling physical pain upsets me. |
| 9. I start to worry that there is some kind of problem, if I have some unpleasant sensations in my body. |
| 10. I am able to detect an unpleasant bodily sensation without worrying about it. |
| 11. I am able to observe my breathing without getting my attention distracted by things happening around me.  |
| 12. I am able to attend to my inner bodily sensations even if there are a lot of things happening around me. |
| 13. When I am talking to someone, I am able to pay attention to my posture. |
| 14. I can direct my attention back to my body if it is distracted.  |
| 15. I can redirect my attention from my thoughts to sense my body. |
| 16. I can pay attention to my whole body even if a part of my body aches or there is an unpleasant sensation in it.  |

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| 17. I am able to consciously attend to my body as a whole. |
| 18. I notice how my body changes when I am angry. |
| 19. When I have a problem in my life, I feel it in my body. |
| 20. Észreveszem, hogy testemből jövő érzetek megváltoznak egy nyugalmas élmény után. I notice that sensations from my body change after a calming experience. |
| 21. I notice that my breathing gets free and easy when I feel fine. |
| 22. I notice how my body changes when I am happy. |
| 23. When I feel overburdened, I am able to find a calm place inside.  |
| 24. When I direct my attention to my body, I feel calmness. |
| 25. I am able to reduce stress with my breathing. |
| 26. When I am flooded by my thoughts, I am able to calm my mind by focusing on my body or my breathing. |
| 27. I monitor information from my body in connection with my emotional state. |
| 28. If I am upset, I find the time to observe my bodily sensations. |
| 29. I focus on my body to decide what to do. |
| 30. I feel at home in my body. |
| 31. I feel my body to be a safe place. |
| 32. I trust my bodily sensations. |