

# Multidimensional Assessment of Interoceptive Awareness in youth (MAIA-Y) 2020

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Below there are a list of sentences. How often do you do what the sentence says? Never? Always? Or somewhere in between? Choose a number between 0 (never) and 5 (always) to tell us how often you do what the sentence says.

		Never					Always	
1.	When I am nervous I can tell where in my body the feelings come from.	0	1	2	3	4	5	
2.	I can tell when I am uncomfortable in my body.	0	1	2	3	4	5	
3.	I can tell where in my body I am comfortable.	0	1	2	3	4	5	
4.	I can tell when my breathing changes, like if it slows down or speeds up.	0	1	2	3	4	5	
5.	I ignore bad feelings in my body until they become very strong.	0	1	2	3	4	5	
6.	I distract myself when I feel uncomfortable or feel pain.	0	1	2	3	4	5	
7.	When I feel uncomfortable or feel pain, I try to get over it.	0	1	2	3	4	5	
8.	When I feel pain in my body, I become upset.	0	1	2	3	4	5	
9.	I get worried if I feel pain or if I feel uncomfortable.	0	1	2	3	4	5	
10.	I can tell if I have a bad feeling in my body but I don't worry about it.	0	1	2	3	4	5	
11.	I can focus on how I breathe without thinking about anything else.	0	1	2	3	4	5	
12.	I can focus on the feelings in my body, even when there is a lot going on around me.	0	1	2	3	4	5	
13.	When I am talking to someone, I can focus on the way I am standing or sitting.	0	1	2	3	4	5	
14.	Even if I am distracted I can go back to thinking how my body feels.	0	1	2	3	4	5	
15.	I can return my focus from thinking about things to feeling my body.	0	1	2	3	4	5	
16.	I can pay attention to my whole body even when a part of it is in pain.	0	1	2	3	4	5	
17.	I can focus on my entire body when I try.	0	1	2	3	4	5	
18.	I can feel how my body changes when I am angry.	0	1	2	3	4	5	
19.	When something is wrong in my life I can feel it in my body.	0	1	2	3	4	5	
20.	After a peaceful moment, I can feel my body is different.	0	1	2	3	4	5	
21.	I can feel that my breathing becomes free and easy when I am comfortable.	0	1	2	3	4	5	
22.	I can feel how my body changes when I feel happy.	0	1	2	3	4	5	
23.	I can feel calm even if there is a lot going on.	0	1	2	3	4	5	
24.	When I focus on how I feel in my body, I calm down.	0	1	2	3	4	5	
25.	I can use my breath to help me calm down and relax.	0	1	2	3	4	5	
26.	When I am thinking too much, I can calm my mind by focusing on my body/breathing.	0	1	2	3	4	5	
27.	I listen for clues from my body about my emotions.	0	1	2	3	4	5	
28.	When I am upset, I take time to check how my body feels.	0	1	2	3	4	5	
29.	I listen to my body to help me choose what to do.	0	1	2	3	4	5	
30.	I feel good in my body.	0	1	2	3	4	5	
31.	I feel my body is a safe place.	0	1	2	3	4	5	
32.	I trust the way my body feels.	0	1	2	3	4	5	

