

Multidimensional Assessment of Interoceptive Awareness (MAIA) Version 2 (2018)

Contact: Wolf E. Mehling, MD
Osher Center for Integrative Medicine
University of California, San Francisco
1545 Divisadero St., 4th floor
San Francisco, CA 94115
Phone: 01 (415) 353 9506
Wolf.Mehling@ucsf.edu
<https://osher.ucsf.edu/maia/>

Below you will find a list of statements. Please indicate how often each statement applies to you generally in daily life.

	Circle one number on each line					
	Never					Always
1. When I am tense I notice where the tension is located in my body.	0	1	2	3	4	5
2. I notice when I am uncomfortable in my body.	0	1	2	3	4	5
3. I notice where in my body I am comfortable.	0	1	2	3	4	5
4. I notice changes in my breathing, such as whether it slows down or speeds up.	0	1	2	3	4	5
5. I ignore physical tension or discomfort until they become more severe.	0	1	2	3	4	5
6. I distract myself from sensations of discomfort.	0	1	2	3	4	5
7. When I feel pain or discomfort, I try to power through it.	0	1	2	3	4	5
8. I try to ignore pain	0	1	2	3	4	5
9. I push feelings of discomfort away by focusing on something	0	1	2	3	4	5
10. When I feel unpleasant body sensations, I occupy myself with something else so I don't have to feel them.	0	1	2	3	4	5
11. When I feel physical pain, I become upset.	0	1	2	3	4	5
12. I start to worry that something is wrong if I feel any discomfort.	0	1	2	3	4	5
13. I can notice an unpleasant body sensation without worrying about it.	0	1	2	3	4	5
14. I can stay calm and not worry when I have feelings of discomfort or pain.	0	1	2	3	4	5
15. When I am in discomfort or pain I can't get it out of my mind	0	1	2	3	4	5
16. I can pay attention to my breath without being distracted by things happening around me.	0	1	2	3	4	5
17. I can maintain awareness of my inner bodily sensations even when there is a lot going on around me.	0	1	2	3	4	5
18. When I am in conversation with someone, I can pay attention to my posture.	0	1	2	3	4	5

How often does each statement apply to you generally in daily life? Circle one number on each line

	Never					Always						
19. I can return awareness to my body if I am distracted.	0	1	2	3	4	5						
20. I can refocus my attention from thinking to sensing my body.	0	1	2	3	4	5						
21. I can maintain awareness of my whole body even when a part of me is in pain or discomfort.	0	1	2	3	4	5						
22. I am able to consciously focus on my body as a whole.	0	1	2	3	4	5						
23. I notice how my body changes when I am angry.	0	1	2	3	4	5						
24. When something is wrong in my life I can feel it in my body.	0	1	2	3	4	5						
25. I notice that my body feels different after a peaceful experience.	0	1	2	3	4	5						
26. I notice that my breathing becomes free and easy when I feel comfortable.	0	1	2	3	4	5						
27. I notice how my body changes when I feel happy / joyful.	0	1	2	3	4	5						
28. When I feel overwhelmed I can find a calm place inside.	0	1	2	3	4	5						
29. When I bring awareness to my body I feel a sense of calm.	0	1	2	3	4	5						
30. I can use my breath to reduce tension.	0	1	2	3	4	5						
31. When I am caught up in thoughts, I can calm my mind by focusing on my body/breathing.	0	1	2	3	4	5						
32. I listen for information from my body about my emotional state.	0	1	2	3	4	5						
33. When I am upset, I take time to explore how my body feels.	0	1	2	3	4	5						
34. I listen to my body to inform me about what to do.	0	1	2	3	4	5						
35. I am at home in my body.	0	1	2	3	4	5						
36. I feel my body is a safe place.	0	1	2	3	4	5						
37. I trust my body sensations.	0	1	2	3	4	5						