

**Kentucky Inventory of Mindfulness Skills**  
**Ruth A. Baer, Ph.D.**  
**University of Kentucky**

---

Please rate each of the following statements using the scale provided. Write the number in the blank that best describes your own opinion of what is generally true for you.

1	2	3	4	5
Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true

- \_\_\_\_\_ 1. I notice changes in my body, such as whether my breathing slows down or speeds up.
- \_\_\_\_\_ 2. I'm good at finding the words to describe my feelings.
- \_\_\_\_\_ 3. When I do things, my mind wanders off and I'm easily distracted.
- \_\_\_\_\_ 4. I criticize myself for having irrational or inappropriate emotions.
- \_\_\_\_\_ 5. I pay attention to whether my muscles are tense or relaxed.
- \_\_\_\_\_ 6. I can easily put my beliefs, opinions, and expectations into words.
- \_\_\_\_\_ 7. When I'm doing something, I'm only focused on what I'm doing, nothing else.
- \_\_\_\_\_ 8. I tend to evaluate whether my perceptions are right or wrong.
- \_\_\_\_\_ 9. When I'm walking, I deliberately notice the sensations of my body moving.
- \_\_\_\_\_ 10. I'm good at thinking of words to express my perceptions, such as how things taste, smell, or sound.
- \_\_\_\_\_ 11. I drive on "automatic pilot" without paying attention to what I'm doing.
- \_\_\_\_\_ 12. I tell myself that I shouldn't be feeling the way I'm feeling.
- \_\_\_\_\_ 13. When I take a shower or bath, I stay alert to the sensations of water on my body.
- \_\_\_\_\_ 14. It's hard for me to find the words to describe what I'm thinking.
- \_\_\_\_\_ 15. When I'm reading, I focus all my attention on what I'm reading.
- \_\_\_\_\_ 16. I believe some of my thoughts are abnormal or bad and I shouldn't think that way.
- \_\_\_\_\_ 17. I notice how foods and drinks affect my thoughts, bodily sensations, and emotions.
- \_\_\_\_\_ 18. I have trouble thinking of the right words to express how I feel about things.
- \_\_\_\_\_ 19. When I do things, I get totally wrapped up in them and don't think about anything else.
- \_\_\_\_\_ 20. I make judgments about whether my thoughts are good or bad.
- \_\_\_\_\_ 21. I pay attention to sensations, such as the wind in my hair or sun on my face.

1	2	3	4	5
Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true

\_\_\_ 22. When I have a sensation in my body, it's difficult for me to describe it because I can't find the right words.

\_\_\_ 23. I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted.

\_\_\_ 24. I tend to make judgments about how worthwhile or worthless my experiences are.

\_\_\_ 25. I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing.

\_\_\_ 26. Even when I'm feeling terribly upset, I can find a way to put it into words.

\_\_\_ 27. When I'm doing chores, such as cleaning or laundry, I tend to daydream or think of other things.

\_\_\_ 28. I tell myself that I shouldn't be thinking the way I'm thinking.

\_\_\_ 29. I notice the smells and aromas of things.

\_\_\_ 30. I intentionally stay aware of my feelings.

\_\_\_ 31. I tend to do several things at once rather than focusing on one thing at a time.

\_\_\_ 32. I think some of my emotions are bad or inappropriate and I shouldn't feel them.

\_\_\_ 33. I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow.

\_\_\_ 34. My natural tendency is to put my experiences into words.

\_\_\_ 35. When I'm working on something, part of my mind is occupied with other topics, such as what I'll be doing later, or things I'd rather be doing.

\_\_\_ 36. I disapprove of myself when I have irrational ideas.

\_\_\_ 37. I pay attention to how my emotions affect my thoughts and behavior.

\_\_\_ 38. I get completely absorbed in what I'm doing, so that all my attention is focused on it.

\_\_\_ 39. I notice when my moods begin to change.

## **KIMS Scoring instructions**

For all items marked “R” the scoring must be reversed. Change 1 to 5, 2 to 4, 4 to 2, and 5 to 1 (3 stays unchanged). Then sum the scores for each subscale.

### **Observe:**

1, 5, 9, 13, 17, 21, 25, 29, 30, 33, 37, 39

### **Describe:**

2, 6, 10, 14R, 18R, 22R, 26, 34

### **Act with awareness:**

3R, 7, 11R, 15, 19, 23R, 27R, 31R, 35R, 38

### **Accept without judgment:**

4R, 8R, 12R, 16R, 20R, 24R, 28R, 32R, 36R

For more information, see:

Baer, R. A., Smith G. T., & Allen, K. B. (2004). Assessment of mindfulness by self-report: The Kentucky Inventory of Mindfulness Skills. *Assessment, 11*, 191-206.