People have a variety of ways of relating to their thoughts and feelings. For each of the items below, rate how much each of these ways applies to you.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Rarely/Not at all</td>
<td>Sometimes</td>
<td>Often</td>
<td>Almost Always</td>
</tr>
</tbody>
</table>

_____ 1. It is easy for me to concentrate on what I am doing.
_____ 2. I am preoccupied by the future.
_____ 3. I can tolerate emotional pain.
_____ 4. I can accept things I cannot change.
_____ 5. I can usually describe how I feel at the moment in considerable detail.
_____ 6. I am easily distracted.
_____ 7. I am preoccupied by the past.
_____ 8. It’s easy for me to keep track of my thoughts and feelings.
_____ 9. I try to notice my thoughts without judging them.
_____ 10. I am able to accept the thoughts and feelings I have.
_____ 11. I am able to focus on the present moment.
_____ 12. I am able to pay close attention to one thing for a long period of time.
The Cognitive and Affective Mindfulness Scale – Revised (CAMS-R)

**Scoring:** Items 2, 6, and 7 are reverse-scored. After appropriate reversals, sum values for items 1 - 12. Higher values reflect greater mindful qualities.

We are currently preparing a manuscript on the psychometric properties of the CAMS-R. Below is the most current citation for the measure.


Please email gfeldman@miami.edu to request a copy of the slides from this presentation. Because the CAMS-R is currently unpublished, we would appreciate it if you would not cite or distribute the questionnaire without contacting us. We would also appreciate being updated on the use of the measure and findings as we continue to develop and refine it.