

# **day-to-day experiences (maas)**

Below is a collection of statements about your everyday experience. Using the 1–6 scale below, please indicate, in the box to the right of each statement, how frequently or infrequently you have had each experience in the last week (or other agreed time period). Please answer according to what really reflects your experience rather than what you think your experience should be.

**almost**                      **very**                      **somewhat**                      **somewhat**                      **very**                      **almost**  
**always**                      **frequently**                      **frequently**                      **infrequently**                      **infrequently**                      **never**  
**1**                                      **2**                                      **3**                                      **4**                                      **5**                                      **6**

1	I could be experiencing some emotion and not be conscious of it until some time later	
2	I break or spill things because of carelessness, not paying attention, or thinking of something else	
3	I find it difficult to stay focused on what's happening in the present	
4	I tend to walk quickly to get where I'm going without paying attention to what I experience along the way	
5	I tend not to notice feelings of physical tension or discomfort until they really grab my attention	
6	I forget a person's name almost as soon as I've been told it for the first time	
7	It seems I am "running on automatic" without much awareness of what I'm doing	
8	I rush through activities without being really attentive to them	
9	I get so focused on the goal I want to achieve that I lose touch with what I am doing right now to get there	
10	I do jobs or tasks automatically, without being aware of what I'm doing	
11	I find myself listening to someone with one ear, while doing something else at the same time	
12	I drive places on "automatic pilot" and then wonder why I went there	
13	I find myself preoccupied with the future or the past	
14	I find myself doing things without paying attention	
15	I snack without being aware that I'm eating	

**total score =**

**average statement score =**