

## MAAS: DAY-TO-DAY EXPERIENCES

Below is a collection of statements about your everyday experience. Using the 1-6 scale below, please indicate how frequently or infrequently you CURRENTLY have each experience. Please answer according to what really reflects your experience rather than what you think your experience should be. Please treat each item separately from every other item.

Question	Response					
	Almost Always (1)	Very Frequently (2)	Somewhat Frequently (3)	Somewhat Infrequently (4)	Very Infrequently (5)	Almost Never (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.						

Question	Response					
	Almost Always (1)	Very Frequently (2)	Somewhat Frequently (3)	Somewhat Infrequently (4)	Very Infrequently (5)	Almost Never (6)
9. I get so focused on the goal I want to achieve that I lose touch with what I'm 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, 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.						

Lower scores: range from 0 to 3.58. Scores in this range are more likely to have varying but low awareness in self-reflection, awareness of behaviors and/or environmental awareness.

Moderate scores: range from 3.59 to 4.22. This group will exhibit more self-reflection be aware of their behaviors and have higher awareness of the external environment. This group will likely show varying degrees of awareness.

Higher scores: are scores above the mean score of 4.22. And like the moderate score will exhibit far more self-reflection and have a greater degree of awareness of the external environment. This group will likely show much more awareness of both internal and external environments and of their behavior.

Brown and Ryan in 2003 published their study validating the MAAS and tested various groups. They reported a mean score of 4.22 so to create ranges for ease in understanding, we can add and subtract the standard deviation from the mean. 95% of all scores lie between 2.96-5.48 (which is two standard deviations from the mean).

### Being in the moment of awareness 543211

In this present moment, stop what you are doing and become aware of your surroundings.

Name: \_\_\_\_\_

- 5 things that you can see: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
  - 4 things that you can feel: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
  - 3 things that you can hear: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
  - 2 things that you can smell: \_\_\_\_\_, \_\_\_\_\_
  - 1 thing that you can taste: \_\_\_\_\_
  - 1 thought that popped into your head while doing this activity: \_\_\_\_\_
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### Paying Attention to Task with Food

To complete the attention to task activity you will need a piece of food - hard candy, carrot stick, orange slice, raisin, lemon drop). Best if bite sized and not going to melt in your hand

Step 1: Honing observation skills of sight and touch - what does the item look like? What characteristics does it have? Is it smooth, rough, heavily textured? What color is it? Is it uniform, multicolored, various hues? What does it feel like? Is it cold, warm, wet, dry, dense, light? Is it interacting with your touch such as melting or changing temperature? Does it have a smell?

Step 2: Other senses - thinking. What do you think of this food? Why did you pick it? Is it a favorite? Why not pick something like a jalapeno? What do you associate in your memories of this food? Does it remind you of a time of year or someone's cooking or a place or event from childhood?

Step 3: Taste - This may be a bit challenging. First make sure it is a comfortable sized bite. Once it is in your mouth, what is the first impression of the food? Any strong taste? Is it savory or sweet or both? How does it feel on your tongue? What do you notice is going through your mind by holding a piece of food in your mouth without chewing? Are you salivating?

Step 4: Chew deliberately - We often eat standing up, or while multitasking or scrolling through our phones or watching TV and don't pay any attention to how it is to chew. So take a moment and pay attention to your chewing. Chew slowly and see if you can really taste this bite. Does the taste change as you chew? What do you notice is going on in your mouth? How do we know when food is ready to be swallowed?

