

4. During practice, I was struggling against having certain experiences (e.g., unpleasant thoughts, emotions, and/or bodily sensations).

Mindfulness practice/ date 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

5. During practice, I was actively avoiding or “pushing away” certain experiences.

Mindfulness practice/ date 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

6. During practice, I was actively trying to fix or change certain experiences, in order to get to a “better place”.

Mindfulness practice/ date 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
