**PHLMS©**

***Instructions***: Please circle how often you experienced each of the following statements *within the past week.*

1. I am aware of what thoughts are passing through my mind.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. I try to distract myself when I feel unpleasant emotions.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. When talking with other people, I am aware of their facial and body expressions.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. There are aspects of myself I don’t want to think about.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. When I shower, I am aware of how the water is running over my body.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. I try to stay busy to keep thoughts or feelings from coming to mind.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. When I am startled, I notice what is going on inside my body.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. I wish I could control my emotions more easily.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. When I walk outside, I am aware of smells or how the air feels against my face.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. I tell myself that I shouldn’t have certain thoughts.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. When someone asks how I am feeling, I can identify my emotions easily.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. There are things I try not to think about.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. I am aware of thoughts I’m having when my mood changes.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. I tell myself that I shouldn’t feel sad.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. I notice changes inside my body, like my heart beating faster or my muscles getting tense.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. If there is something I don’t want to think about, I’ll try many things to get it out of my mind.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. Whenever my emotions change, I am conscious of them immediately.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. . I try to put my problems out of mind.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. When talking with other people, I am aware of the emotions I am experiencing.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |

1. When I have a bad memory, I try to distract myself to make it go away.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Often | Very Often |