

## Assessment:

### Positive States of Mind Scale (PSOMS)

These next questions are about the kind of satisfying states of mind that you may have experienced in the past week. Please think about how much trouble, if any, you've had in having this state of mind.

1. Focused Attention: Feeling able to attend to a task you want or need to, without many distractions from within yourself.

Unable to Have It	0
A Lot of Trouble Having It	1
Some Trouble Having It	2
Have It Easily	3

2. Productivity: Feeling of being able to stay at work until a task is finished, do something new to solve problems, or express yourself creatively.

Unable to Have It	0
A Lot of Trouble Having It	1
Some Trouble Having It	2
Have It Easily	3

3. Responsible Caretaking: Feeling that you are doing what you should do to take care of yourself or someone else.

Unable to Have It	0
A Lot of Trouble Having It	1
Some Trouble Having It	2
Have It Easily	3

4. Restful Repose: Feeling relaxed, without distractions or excessive tension.

Unable to Have It	0
A Lot of Trouble Having It	1
Some Trouble Having It	2
Have It Easily	3

5. Sensuous Nonsexual Pleasure: Being able to enjoy bodily senses, enjoyable intellectual activity, doing things you ordinarily like, such as listening to music, enjoying the outdoors, lounging in a hot bath.

Unable to Have It	0
A Lot of Trouble Having It	1
Some Trouble Having It	2
Have It Easily	3

6. Sharing: Being able to commune with others in an empathetic, close way as in talking, walking, going out, or just being together.

Unable to Have It	0
A Lot of Trouble Having It	1
Some Trouble Having It	2
Have It Easily	3