

# Mindfulness-Based Self Efficacy Scale (MSES-R)

Select the response that matches how much you now agree with each statement.  
Try not to spend too much time on any one item. There are no right or wrong answers.

Not at all   A little   Moderately   A lot   Completely

1. I get easily overwhelmed by my emotions
2. I find it difficult to make new friends
3. I try to avoid uncomfortable situations even when they are really important
4. When I feel very emotional, it takes a long time for it to pass
5. I feel comfortable saying sorry when I feel I am in the wrong
6. It is often too late when I realise I overreacted in a stressful situation
7. I get so caught up in my thoughts that I end up feeling very sad or anxious
8. When I have unpleasant feelings in my body, I prefer to push them away
9. I can resolve problems easily with my partner (or best friend if single)
10. I can face my thoughts, even if they are unpleasant
11. My actions are often controlled by other people or circumstances
12. I get caught up in unpleasant memories or anxious thoughts about the future
13. I can deal with physical discomfort
14. I feel I cannot love anyone
15. I am often in conflict with one (or more) family member
16. I avoid feeling my body when there is pain or other discomfort
17. I do things that make me feel good straightaway even if I will feel bad later
18. When I have a problem, I tend to believe it will ruin my whole life
19. When I feel physical discomfort, I relax because I know it will pass
20. I can feel comfortable around people
21. Seeing or hearing someone with strong emotions is unbearable to me
22. If I get angry or anxious, it is generally because of others

Developed by [Richard Lakeman](#) © 2023

Adapted from: Cayoun, B., Elphinstone, B., Kasselis, N., Bilsborrow, G., & Skilbeck, C. (2022). Validation and Factor Structure of the Mindfulness-Based Self Efficacy Scale-Revised. *Mindfulness*, 13(3), 751–765. <https://doi.org/10.1007/s12671-022-01834-6>

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