



Mindfulness Based Program (MBP) Matching Questionnaire

Rate the truth of the following statements for you and add up the scores in each domain. The domain with the highest score may be the best place to start, though it can also be very helpful to take some of the other courses in the future.

		Not at all true (1)	Rarely true (2)	Some-what true (3)	Very True (4)
MBCT	I suffer from recurrent Major Depressive Disorder				
	I have experienced several extended periods of profound sadness or loss of interest in life				
	I suffer from an anxiety disorder				
	I have a history of worrying about all manner of things & its difficult to control				
Total=					
MBRP	I have had treatment for an addiction and am currently in recovery				
	I need help managing my cravings for things that cause problems in my life				
	I am looking for additional supports in my recovery from an addiction				
	I have an addictive personality and my behavior gets me into trouble				
Total=					
MBSR	I have a hard time managing stress				
	I suffer from chronic physical pain				
	I'm generally pretty content, but would like additional tools for coping				
	I'm generally pretty content, but want an introduction to mindfulness practices				
Total=					

MSC	I have a harsh inner self-critic or am very hard on myself				
	I repeatedly engage in self-defeating behavior that is hard to change				
	I have a hard time prioritizing my own self care				
	I feel burned out in my responsibilities caring for others				
Total=					
iRest	I suffer from Post-Traumatic Stress and/or chronic stress or pain				
	I am plagued by memories of a traumatic experience				
	I suffer from insomnia or have a hard time getting a good night's sleep				
	I have a profession in which I witness things that haunt me				
Total=					
UM	I'm generally pretty content, but want an introduction to meditation				
	I prefer very precise instructions when learning something new				
	I prefer a straightforward and practical approach to learning				
	I'm interested in discovering how mindfulness enhances concentration, self-understanding, & quality of life				
Total=					