Mindful Mindset Scale

**Directions:** Please read each statement below carefully and respond by circling your level of agreement using the rating scale provided.

**Response options:**
1 = Strongly Disagree (SD)  
2 = Somewhat disagree  
3 = Neutral (N)  
4 = Somewhat Agree  
5 = Strongly Agree (SA)

1. I am comfortable with all my identities (e.g., race, ethnicity, gender, class, sexual orientation).  
   - SD 1  
   - N 2  
   - SA 3  
2. I feel humbled by the privileges associated with some of my identities.  
   - SD 1  
   - N 2  
   - SA 3  
3. The privileges associated with some of my identities make me more mindful of how I treat people who are not like me.  
   - SD 1  
   - N 2  
   - SA 3  
4. Being mindful of my various social identities helps me to relate with people who come from different backgrounds than me.  
   - SD 1  
   - N 2  
   - SA 3  
5. I accept my own shortcomings.  
   - SD 1  
   - N 2  
   - SA 3  
6. I am balanced when I deal with the pressures associated with the advantages that come with some of my identities.  
   - SD 1  
   - N 2  
   - SA 3  
7. When I feel discriminated against because of one or more of my identities, I observe the emotions I experience.  
   - SD 1  
   - N 2  
   - SA 3  
8. I am compassionate to myself when I am not living up to my own expectations.  
   - SD 1  
   - N 2  
   - SA 3  
9. I am anxious when I deal with the pressures associated with the disadvantages that come with some of my identities.  
   - SD 1  
   - N 2  
   - SA 3  
10. Accepting my own advantages and disadvantages help me to cultivate kindness towards others.  
   - SD 1  
   - N 2  
   - SA 3
11. Extending kindness toward myself when I have harmed someone will help me to become a more compassionate person.

12. I am balanced in handling my successes as well as my failures.

13. I am compassionate toward myself when someone has harmed me.

14. I feel happy when good things happen to people I care about.

15. I am aware of when I treat people differently because how they dress, look, speak or act.

16. My success in life is enabled by others in my life.

17. My achievements make me appreciate the contributions from various people in my life.

18. When I treat people differently because of how they look, dress, speak or act, I observe the emotions I experience.

19. I accept the shortcomings of others.

20. I am not envious of other people’s successes.

21. I feel happy when good things happen to friends even when they do not deserve them.

22. I strive to be compassionate to the sufferings of those who are not related to me.

23. Being compassionate toward all human beings is an important life goal for me.

24. Seeing other people happy brings me a lot of joy.

25. I am aware of the advantages that come with people’s identities.
26. Extending kindness toward those who have harmed me will help me to become a better person.

27. I am compassionate to people who are more advantaged than I am.

28. I am amazed at how my life is interdependent upon so many people from different social locations.

29. When someone needs emotional support, I take time to help that person.

30. When I see someone is more deserving than me, often I put their needs ahead of my own needs.

31. I take time to notice the unique and often unrecognized contributions made by others (e.g., my family, friends and coworkers).

32. I recognize when someone is generous to me or to others.

33. I take time to provide emotional support whenever I see there is a need.

34. I value my interactions with people from diverse social and cultural backgrounds.

35. I am inspired by the resilience/achievements of those who are not as privileged as I am.

36. I take time to share ideas and provide intellectual support whenever I see there is a need.

Note: An asterisk (*) symbol marks items that should be reverse-coded.