



Equanimity Scale - 16 (ES-16)

Instructions:

Select the response that best describes how you view yourself, based on the scale below. Select the appropriate responses based on how much you agree with each statement right at this moment. Try not to spend too much time with any one item. There are no right or wrong answers.

		Strongly Disagree	Mildly Disagree	Agree and Disagree Equally	Mildly Agree	Strongly Agree
1	When I have distressing thoughts or images, I am able just to notice them without reacting.	1	2	3	4	5
2	I approach each experience by trying to accept it, no matter whether it is pleasant or unpleasant.	1	2	3	4	5
3	When I experience distressing thoughts and images, I am able to accept the experience.	1	2	3	4	5
4	I can pay attention to what is happening in my body without disliking or wanting more of the feeling or sensation.	1	2	3	4	5
5	When I notice my feelings, I have to act on them immediately.	5	4	3	2	1
6	If I notice an unpleasant body sensation, I tend to worry about it.	5	4	3	2	1
7	When I feel physical discomfort, I can't relax because I am never sure it will pass.	5	4	3	2	1
8	I perceive my feelings and emotions without having to react to them.	1	2	3	4	5
9	I remain present with sensations and feelings even when they are unpleasant.	1	2	3	4	5
10	I notice that I need to react to whatever pops into my head.	5	4	3	2	1
11	When I have distressing thoughts or images, I "step back" and am aware of the thought or image without getting taken over by it.	1	2	3	4	5
12	I can't keep my mind calm and clear, especially when I feel upset or physically uncomfortable.	5	4	3	2	1
13	I endeavour to cultivate calm and peace within me, even when everything appears to be constantly changing.	1	2	3	4	5
14	I am impatient and can't stop my reactivity when faced with other people's emotions and actions.	5	4	3	2	1
15	I am not able to tolerate discomfort.	5	4	3	2	1
16	I am not able to prevent my reaction when someone is unpleasant.	5	4	3	2	1



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Developer Reference:

Rogers, H. T., Shires, A. G., & Cayoun, B. A. (2021). Development and Validation of the Equanimity Scale-16. *Mindfulness*, 12(1), 107–120. <https://doi.org/10.1007/s12671-020-01503-6>

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