

Daily Experience Sampling Items

1. *Pleasantness*. I feel _____ after completing today's session. (Very Unpleasant / Very Pleasant)
2. *Emotional Activity*. I feel _____ after completing today's session. (Inactive / Very Active)
3. *Focus*. I was _____ during today's session. (Very Distracted / Very Focused)
4. *Feedback*.

MT: I felt the wind feedback was _____ of mind wandering during today's session. (Very Unreflective / Very Reflective)

Control: I felt the level of instruction was _____ during today's session. (Very Unhelpful / Very Helpful)
5. *Effort*. I put in _____ effort during today's session. (A Little / Very Much)
6. *Calmness*. I feel _____ now than I did before today's session. (Less Calm / More Calm)
7. *Body Awareness*. I feel _____ to my body right now. (Very Disconnected / Very Connected)
8. *Stress*. Today was _____ stressful. (Not at All / Extremely)