

# NETI Questionnaire\*

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Instructions: Please indicate how often the following things occur for you. Circle only one answer (note: scores are reversed for questions 4, 8, 14, and 16):

1. Never
2. Rarely
3. Sometimes
4. Most of the time
5. All of the time

1. An inner contentment that is not contingent or dependent upon circumstances, objects, or the actions of other people.

1. Never
2. Rarely
3. Sometimes
4. Most of the time
5. All of the time

2. Accepting (not struggling with) whatever experience I may be having.

1. Never
2. Rarely
3. Sometimes
4. Most of the time
5. All of the time

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\* Developed by John Astin and David A. Butlein.

3. An interest in clearly seeing the reality or truth about myself, the world, and others, rather than in feeling a particular way.
  1. Never
  2. Rarely
  3. Sometimes
  4. Most of the time
  5. All of the time
  
4. A sense that I am protecting or defending a self-image or concept I hold about myself.
  5. Never
  4. Rarely
  3. Sometimes
  2. Most of the time
  1. All of the time
  
5. Deep love and appreciation for everyone and everything I encounter in life.
  1. Never
  2. Rarely
  3. Sometimes
  4. Most of the time
  5. All of the time
  
6. Understanding that there is ultimately no separation between what I call my “self” and the whole of existence.
  1. Never
  2. Rarely
  3. Sometimes
  4. Most of the time
  5. All of the time

7. Feeling deeply at ease, wherever I am or whatever situation or circumstance I may find myself in.
  1. Never
  2. Rarely
  3. Sometimes
  4. Most of the time
  5. All of the time
  
8. A sense that my actions in life are motivated by fear or mistrust.
  5. Never
  4. Rarely
  3. Sometimes
  2. Most of the time
  1. All of the time
  
9. Conscious awareness of my nonseparation from (essential oneness with) a transcendent reality, source, higher power, spirit, god, etc.
  1. Never
  2. Rarely
  3. Sometimes
  4. Most of the time
  5. All of the time
  
10. Not being personally invested in or attached to my own ideas and concepts.
  1. Never
  2. Rarely
  3. Sometimes
  4. Most of the time
  5. All of the time

11. An unwavering awareness of a stillness/quietness, even in the midst of movement and noise.
  1. Never
  2. Rarely
  3. Sometimes
  4. Most of the time
  5. All of the time
  
12. Acting without assuming a role or identity based on my own or others' expectations.
  1. Never
  2. Rarely
  3. Sometimes
  4. Most of the time
  5. All of the time
  
13. A sense of immense freedom and possibility in my moment-to-moment experience.
  1. Never
  2. Rarely
  3. Sometimes
  4. Most of the time
  5. All of the time
  
14. A desire to be understood by others.
  5. Never
  4. Rarely
  3. Sometimes
  2. Most of the time
  1. All of the time

15. Concern or discomfort about either the past or the future.

1. Never
2. Rarely
3. Sometimes
4. Most of the time
5. All of the time

16. A sense of fear or anxiety that inhibits my actions.

5. Never
4. Rarely
3. Sometimes
2. Most of the time
1. All of the time

17. A feeling of profound aliveness and vitality.

1. Never
2. Rarely
3. Sometimes
4. Most of the time
5. All of the time

18. Acting without a desire to change anybody or anything.

1. Never
2. Rarely
3. Sometimes
4. Most of the time
5. All of the time

19. Feelings of gratitude and/or open curiosity about all experiences.
1. Never
  2. Rarely
  3. Sometimes
  4. Most of the time
  5. All of the time
20. A sense of the flawlessness and beauty of everything and everyone, just as they are.
1. Never
  2. Rarely
  3. Sometimes
  4. Most of the time
  5. All of the time

**Total score** \_\_\_\_\_