

Mindfulness and optimal desire regulation

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The present studies aimed to investigate the relationships between mindfulness and optimal desire regulation. The optimal desire regulation proposed that individual with less wanting but maintain moderated liking levels on external possessions such as wealth and self-image. In addition, mindfulness as derived from Buddhists, in which focused less on self-image with a decentering mode could reduce an individual's wanting tendency on those external possessions. Therefore, study 1 (n = 258) firstly build up the Chinese version of wanting and liking scale on three external dimensions: money, fame, and self-worth, and revealed that the scale had great internal reliability, test-retest reliability, factor structure, and criterion-related validity. Study 2 (n = 152) further examined the effect of mindfulness on desire regulation for these three dimensions (money, fame, and self-worth). The results revealed that low mindful individuals had higher wanting tendencies than high mindful individuals on each dimension (money, fame, and self-worth), and the liking tendencies showed no differences between low and high mindful individuals. In sum, individuals with higher mindfulness can bring out better desire regulation than with lower mindfulness, in which mindfulness can cultivate less wanting tendencies but maintain liking tendencies on desirable materials and self-image.