

Five Facet Mindfulness Questionnaire – Short Form (FFMQ-SF)

Below is a collection of statements about your everyday experience. Using the scale of 1 to 5 below, please indicate, on the line to the left of each statement, how frequently or infrequently you've had each experience in the last month (or other agreed-upon time period). Please answer according to what really reflects your experience rather than what you think your experience should be.

- 1 = never or very rarely true
- 2 = not often true
- 3 = sometimes true, sometimes not true
- 4 = often true
- 5 = very often or always true

- ___ 1. I'm good at finding the words to describe my feelings.
- ___ 2. I can easily put my beliefs, opinions, and expectations into words.
- ___ 3. I watch my feelings without getting carried away by them.
- ___ 4. I tell myself that I shouldn't be feeling the way I'm feeling.
- ___ 5. It's hard for me to find the words to describe what I'm thinking.
- ___ 6. I pay attention to physical experiences, such as the wind in my hair or the sun on my face.
- ___ 7. I make judgments about whether my thoughts are good or bad.
- ___ 8. I find it difficult to stay focused on what's happening in the present moment.
- ___ 9. When I have distressing thoughts or images, I don't let myself be carried away by them.
- ___ 10. Generally, I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing.
- ___ 11. When I feel something in my body, it's hard for me to find the right words to describe it.
- ___ 12. It seems I am running on automatic without much awareness of what I'm doing.
- ___ 13. When I have distressing thoughts or images, I feel calm soon after.
- ___ 14. I tell myself I shouldn't be thinking the way I'm thinking.
- ___ 15. I notice the smells and aromas of things.
- ___ 16. Even when I'm feeling terribly upset, I can find a way to put it into words.
- ___ 17. I rush through activities without being really attentive to them.
- ___ 18. When I have distressing thoughts or images, I can just notice them without reacting.
- ___ 19. I think some of my emotions are bad or inappropriate and I shouldn't feel them.
- ___ 20. I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow.
- ___ 21. When I have distressing thoughts or images, I just notice them and let them go.
- ___ 22. I do jobs or tasks automatically without being aware of what I'm doing.
- ___ 23. I find myself doing things without paying attention.
- ___ 24. I disapprove of myself when I have illogical ideas.

Strosahl & Robinson (2014). *Inside This Moment: Five Steps to Transcending Stress Using Mindfulness and Neuroscience*

Scoring the FFMQ-SF

(Note: R = reverse-scored item. For your score on these items, subtract your rating from 6. Also, we have slightly revised the names of the categories below to reflect the terms we use in this book.)

Observing: Sum responses to items 6, 10, 15, and 20.

Describing: Sum responses to items 1, 2, 5R, 11R, and 16.

Detaching: Sum responses to items 3, 9, 13, 18, and 21.

Acting mindfully: 8R, 12R, 17R, 22R, and 23R.

Loving yourself: Sum responses to items 4R, 7R, 14R, 19R, and 24R.

First published in E. Bohlmeijer, P. M. ten Klooster, M. Fledderus, M. Veehof, and R. A. Baer. 2011. "Psychometric Properties of the Five Facet Mindfulness Questionnaire in Depressed Adults and Development of a Short Form." *Assessment* 18:308–320.