

5 facet mindfulness questionnaire (ffmq)

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

never or very rarely true **not often true** **sometimes true sometimes not true** **often true** **very often or always true**
1 **2** **3** **4** **5**

1	I perceive my feelings and emotions without having to react to them	NR	
2	when I'm walking, I deliberately notice the sensations of my body moving	OB	
3	I find it difficult to stay focused on what's happening in the present	/AA	
4	I'm good at finding the words to describe my feelings	DS	
5	I criticize myself for having irrational or inappropriate emotions	/NJ	
6	I watch my feelings without getting lost in them	NR	
7	when I take a shower or a bath, I stay alert to the sensations of water on my body	OB	
8	it seems I am "running on automatic" without much awareness of what I'm doing	/AA	
9	I can easily put my beliefs, opinions, and expectations into words	DS	
10	I tell myself that I shouldn't be feeling the way I'm feeling	/NJ	
11	in difficult situations, I can pause without immediately reacting	NR	
12	I notice how foods and drinks affect my thoughts, bodily sensations, and emotions	OB	
13	I rush through activities without being really attentive to them	/AA	
14	it's hard for me to find the words to describe what I'm thinking	/DS	
15	I believe some of my thoughts are abnormal or bad and I shouldn't think that way	/NJ	
16	when I have distressing thoughts or images, I am able just to notice them without reacting	NR	
17	I pay attention to sensations, such as the wind in my hair or sun on my face	OB	
18	I do jobs or tasks automatically, without being aware of what I'm doing	/AA	

19	I have trouble thinking of the right words to express how I feel about things	/DS	
20	I make judgments about whether my thoughts are good or bad.	/NJ	
21	when I have distressing thoughts or images, I feel calm soon after	NR	
22	I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing	OB	
23	I find myself doing things without paying attention	/AA	
24	when I have a sensation in my body, it's hard for me to describe it because I can't find the right words	/DS	
25	I tell myself I shouldn't be thinking the way I'm thinking	/NJ	
26	when I have distressing thoughts or images, I "step back" and am aware of the thought or image without getting taken over by it	NR	
27	I notice the smells and aromas of things	OB	
28	when I do things, my mind wanders off and I'm easily distracted	/AA	
29	even when I'm feeling terribly upset, I can find a way to put it into words	DS	
30	I think some of my emotions are bad or inappropriate and I shouldn't feel them	/NJ	
31	when I have distressing thoughts or images, I just notice them and let them go	NR	
32	I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow	OB	
33	I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted	/AA	
34	my natural tendency is to put my experiences into words	DS	
35	I disapprove of myself when I have irrational ideas	/NJ	
36	I pay attention to how my emotions affect my thoughts and behavior	OB	
37	I am easily distracted	/AA	
38	I can usually describe how I feel at the moment in considerable detail	DS	
39	when I have distressing thoughts or images, I judge myself as good or bad, depending what the thought/image is about	/NJ	

correct scores for items preceded by a slash (/NJ, /AA, etc) by subtracting from 6

non react = ; observe = ; act aware = ; describe = ; non judge =