

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.*

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: Sum responses to items 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. Used with permission. Used here by permission of the authors.

Five Facet Mindfulness Questionnaire (FFMQ)

Please rate each of the following statements using the scale provided. Write the number in the blank that best describes your own opinion of what is generally true for you.

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. *When I'm walking, I deliberately notice the sensations of my body moving.*
- ___ 2. *I'm good at finding words to describe my feelings.*
- ___ 3. *I criticize myself for having irrational or inappropriate emotions.*
- ___ 4. *I perceive my feelings and emotions without having to react to them.*
- ___ 5. *When I do things, my mind wanders off and I'm easily distracted.*
- ___ 6. *When I take a shower or bath, I stay alert to the sensations of water on my body.*
- ___ 7. *I can easily put my beliefs, opinions, and expectations into words.*
- ___ 8. *I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted.*
- ___ 9. *I watch my feelings without getting lost in them.*
- ___ 10. *I tell myself I shouldn't be feeling the way I'm feeling.*
- ___ 11. *I notice how foods and drinks affect my thoughts, bodily sensations, and emotions.*
- ___ 12. *It's hard for me to find the words to describe what I'm thinking.*
- ___ 13. *I am easily distracted.*
- ___ 14. *I believe some of my thoughts are abnormal or bad and I shouldn't think that way.*
- ___ 15. *I pay attention to sensations, such as the wind in my hair or sun on my face.*
- ___ 16. *I have trouble thinking of the right words to express how I feel about things.*
- ___ 17. *I make judgments about whether my thoughts are good or bad.*
- ___ 18. *I find it difficult to stay focused on what's happening in the present.*

- ___ 19. When I have distressing thoughts or images, I step back and am aware of the thought or image without getting taken over by it.
- ___ 20. I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing.
- ___ 21. In difficult situations, I can pause without immediately reacting.
- ___ 22. When I have a sensation in my body, it's difficult for me to describe it because I can't find the right words.
- ___ 23. It seems I am running on automatic, without much awareness of what I'm doing.
- ___ 24. When I have distressing thoughts or images, I feel calm soon after.
- ___ 25. I tell myself that I shouldn't be thinking the way I'm thinking.
- ___ 26. I notice the smells and aromas of things.
- ___ 27. Even when I'm feeling terribly upset, I can find a way to put it into words.
- ___ 28. I rush through activities without being really attentive to them.
- ___ 29. When I have distressing thoughts or images, I am able just to notice them without reacting.
- ___ 30. I think some of my emotions are bad or inappropriate and I shouldn't feel them.
- ___ 31. I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow.
- ___ 32. My natural tendency is to put my experiences into words.
- ___ 33. When I have distressing thoughts or images, I just notice them and let them go.
- ___ 34. I do jobs or tasks automatically without being aware of what I'm doing.
- ___ 35. When I have distressing thoughts or images, I judge myself as good or bad depending what the thought or image is about.
- ___ 36. I pay attention to how my emotions affect my thoughts and behavior.
- ___ 37. I can usually describe how I feel at the moment in considerable detail.
- ___ 38. I find myself doing things without paying attention.
- ___ 39. I disapprove of myself when I have irrational ideas.

Scoring the FFMQ

(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 1, 6, 11, 15, 20, 26, 31, and 36.

Describing: Sum responses to items 2, 7, 12R, 16R, 22R, 27, 32, and 37.

Detaching: Sum responses to items 4, 9, 19, 21, 24, 29, and 33.

Acting mindfully: Sum responses to items 5R, 8R, 13R, 18R, 23R, 28R, 34R, and 38R.

Loving yourself: Sum responses to items 3R, 10R, 14R, 17R, 25R, 30R, 35R, and 39R.

First published in R. A. Baer, G. T. Smith, J. Hopkins, J. Krietemeyer, and L. Toney. 2006. "Using Self-Report Assessment Methods to Explore Facets of Mindfulness." *Assessment* 13:27–45. Used here by permission of the authors.