

# Five-Facet Mindfulness Questionnaire

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Gender:      Male      Female      Other: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions: Please rate each of the following statements with the number that best describes your own opinion of what is generally true for you using this scale:

1 - Never or rarely true

2 - Rarely true

3 - Sometimes true

4 - Often true

5 - Very often or always true

	1 Never or rarely true	2 Rarely true	3 Sometime s 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.					

	<b>1 Never or rarely true</b>	<b>2 Rarely true</b>	<b>3 Sometime s true</b>	<b>4 Often true</b>	<b>5 Very often or always true</b>
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.					

	<b>1 Never or rarely true</b>	<b>2 Rarely true</b>	<b>3 Sometime s true</b>	<b>4 Often true</b>	<b>5 Very often or always true</b>
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.					

	<b>1 Never or rarely true</b>	<b>2 Rarely true</b>	<b>3 Sometime s true</b>	<b>4 Often true</b>	<b>5 Very often or always true</b>
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.					

	<b>1 Never or rarely true</b>	<b>2 Rarely true</b>	<b>3 Sometime s true</b>	<b>4 Often true</b>	<b>5 Very often or always true</b>
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

(Note: R = reversed-score item)

Subscales	Score Total	Score Item Average
<b>Observing:</b>  Sum items 1 + 6 + 11 + 15 + 20 + 26 + 31 + 36		
<b>Describing:</b>  Sum items 2 + 7 + 12R + 16R + 22R + 27 + 32 + 37		
<b>Acting with Awareness:</b>  Sum items 5R + 8R + 13R + 18R + 23R + 28R + 34R + 38R		
<b>Nonjudging of inner experience:</b>  Sum items 3R + 10R + 14R + 17R + 25R + 30R + 35R + 39R		
<b>Nonreactivity to inner experience:</b>  Sum items 4 + 9 + 19 + 21 + 24 + 29 + 33.		
<b>TOTAL FFMQ (add subscale scores)</b>		

## Reference:

Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment*, 13(1), 27–45.

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