

### Five Facet Mindfulness Questionnaire (FFMQ)

Please rate each of the following statements with the number that best describes <i>your own opinion</i> of what is <i>generally true for you</i> .		Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
FFQM 1	When I'm walking, I deliberately notice the sensations of my body moving. (OBS)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 2	I'm good at finding words to describe my feelings. (D)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 3	I criticize myself for having irrational or inappropriate emotions. (NJ-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 4	I perceive my feelings and emotions without having to react to them. (NR)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 5	When I do things, my mind wanders off and I'm easily distracted. (AA-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 6	When I take a shower or bath, I stay alert to the sensations of water on my body. (OBS)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 7	I can easily put my beliefs, opinions, and expectations into words. (D)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 8	I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted. (AA-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 9	I watch my feelings without getting lost in them. (NR)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 10	I tell myself I shouldn't be feeling the way I'm feeling. (NJ-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 11	I notice how foods and drinks affect my thoughts, bodily sensations, and emotions. (OBS)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 12	It's hard for me to find the words to describe what I'm thinking. (D-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 13	I am easily distracted. (AA-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 14	I believe some of my thoughts are abnormal or bad and I shouldn't think that way. (NJ-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 15	I pay attention to sensations, such as the wind in my hair or sun on my face. (OBS)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 16	I have trouble thinking of the right words to express how I feel about things. (D-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 17	I make judgments about whether my thoughts are good or bad. (NJ-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 18	I find it difficult to stay focused on what's happening in the present. (AA-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1



		Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
FFQM 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. (NR)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 20	I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing. (OBS)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 21	In difficult situations, I can pause without immediately reacting. (NR)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 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. (D-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 23	It seems I am “running on automatic” without much awareness of what I’m doing. (AA-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 24	When I have distressing thoughts or images, I feel calm soon after. (NR)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 25	I tell myself that I shouldn’t be thinking the way I’m thinking. (NJ-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 26	I notice the smells and aromas of things. (OBS)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 27	Even when I’m feeling terribly upset, I can find a way to put it into words. (D)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 28	I rush through activities without being really attentive to them. (AA-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 29	When I have distressing thoughts or images, I am able just to notice them without reacting. (NR)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 30	I think some of my emotions are bad or inappropriate and I shouldn’t feel them. (NJ-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 31	I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow. (OBS)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 32	My natural tendency is to put my experiences into words. (D)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 33	When I have distressing thoughts or images, I just notice them and let them go. (NR)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 34	I do jobs or tasks automatically without being aware of what I’m doing. (AA-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 35	When I have distressing thoughts or images, I judge myself as good or bad depending what the thought or image is about. (NJ-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 36	I pay attention to how my emotions affect my thoughts and behavior. (OBS)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

		Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
FFQM 37	I can usually describe how I feel at the moment in considerable detail. (D)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FFQM 38	I find myself doing things without paying attention. (AA-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
FFQM 39	I disapprove of myself when I have irrational ideas. (NJ-R)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

**Scoring:**

(Note: R = reverse-scored item)

Subscale Directions	Your Score TOTAL	Your score item Avg.
<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</b> of inner experience: Sum items 3R + 10R + 14R + 17R + 25R + 30R + 35R + 39R.		
<b>Nonreactivity</b> to inner experience: Sum items 4 + 9 + 19 + 21 + 24 + 29 + 33.		
<b>TOTAL FFMQ (add subscale scores)</b>		

**NOTE:** Some researchers divide the total in each category by the number of items in that category to get an average category score. The Total FFMQ can be divided by 39 to get an average item score.

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.