

Please rate each of the following statements using the scale provided. Tick the box that best describes your **own opinion** of what is **generally true for you**.

		Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
1	When I'm walking, I deliberately notice the sensations of my body moving.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	I'm good at finding words to describe my feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	I criticize myself for having irrational or inappropriate emotions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	I perceive my feelings and emotions without having to react to them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	When I do things, my mind wanders off and I'm easily distracted.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	When I take a shower or bath, I stay alert to the sensations of water on my body.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	I can easily put my beliefs, opinions, and expectations into words.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	I watch my feelings without getting lost in them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	I tell myself I shouldn't be feeling the way I'm feeling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	I notice how foods and drinks affect my thoughts, bodily sensations, and emotions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	It's hard for me to find the words to describe what I'm thinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	I am easily distracted.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	I believe some of my thoughts are abnormal or bad and I shouldn't think that way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	I pay attention to sensations, such as the wind in my hair or sun on my face.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	I have trouble thinking of the right words to express how I feel about things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	I make judgments about whether my thoughts are good or bad.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	I find it difficult to stay focused on what's happening in the present.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	In difficult situations, I can pause without immediately reacting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	It seems I am "running on automatic" without much awareness of what I'm doing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

		Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
24	When I have distressing thoughts or images, I feel calm soon after.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	I tell myself that I shouldn't be thinking the way I am thinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26	I notice the smells and aromas of things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27	Even when I'm feeling terribly upset, I can find a way to put it into words.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	I rush through activities without being really attentive to them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29	When I have distressing thoughts or images, I am able to just notice them without reacting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30	I think some of my emotions are bad or inappropriate, and I shouldn't feel them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31	My natural tendency is to put my experiences into words.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32	When I have distressing thoughts or images, I just notice them and let them go.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33	I do jobs or tasks automatically without being aware of what I'm doing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34	When I have distressing thoughts or images, I judge myself as good or bad, depending on what the thought/image is about.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35	I pay attention to how my emotions affect my thoughts and behavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36	I can usually describe how I feel at the moment in considerable detail.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37	I find myself doing things without paying attention.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38	I disapprove of myself when I have irrational ideas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39	I notice visual elements in art or nature, such as colors, shapes, textures, and patterns of light and shadow.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring of the FFMQ

Scoring the FFMQ in the following way ensures that higher scores indicate higher levels of mindfulness.

Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
1	2	3	4	5

Sub-scale items:

Sub-Scale	Items
Scale 1 (Observing):	1, 6, 11, 15, 20, 26, 35, 39
Scale 2 (Acting with Awareness):	5, 8, 13, 18, 23, 28, 33, 37
Scale 3 (Describing):	2, 7, 12, 16, 22, 27, 31, 36
Scale 4 (Nonjudging):	3, 10, 14, 17, 25, 30, 34, 38
Scale 5 (Nonreactivity):	4, 9, 19, 21, 24, 29, 32

Items highlighted in **GREEN** need to be reverse-scored