

Five Facets of Mindfulness Questionnaire (FFMQ-15)

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.

| | Never or Very Rarely True | Rarely True | Some- times True | Often True | Very Often or Always True |
|---|------------------------------------|----------------|------------------------|---------------|------------------------------------|
| 1. I'm good at finding words to describe my feelings. | | | | | |
| 2. When I take a shower or bath, I stay alert to the sensations of water on my body. | | | | | |
| 3. I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted. | | | | | |
| 4. I tell myself I shouldn't be feeling the way I'm feeling. | | | | | |
| 5. I notice how foods and drinks affect my thoughts, bodily sensations, and emotions. | | | | | |
| 6. I believe some of my thoughts are abnormal or bad and I shouldn't think that way. | | | | | |
| 7. I pay attention to sensations, such as the wind in my hair or sun on my face. | | | | | |
| 8. I have trouble thinking of the right words to express how I feel about things. | | | | | |
| 9. When I have distressing thoughts or images, I "step back" and am aware of the thought or image without getting taken over by it. | | | | | |
| 10. Even when I'm feeling terribly upset, I can find a way to put it into words. | | | | | |
| 11. When I have distressing thoughts or images I am able just to notice them without reacting. | | | | | |
| 12. I think some of my emotions are bad or inappropriate and I shouldn't feel them. | | | | | |
| 13. When I have distressing thoughts or images, I just notice them and let them go. | | | | | |
| 14. I do jobs or tasks automatically without being aware of what I'm doing. | | | | | |
| 15. I find myself doing things without paying attention. | | | | | |