Five Facet Mindfulness Questionnaire (FFMQ)
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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.

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<tr>
<td>never or very rarely true</td>
<td>rarely true</td>
<td>sometimes true</td>
<td>often true</td>
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_____ 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.
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____ 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/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.
FFMQ Scoring instructions

For all items marked “R” the scoring must be reversed. Change 1 to 5, 2 to 4, 4 to 2, and 5 to 1 (3 stays unchanged). Then sum the scores for each subscale.

**Observing**

1, 6, 11, 15, 20, 26, 31, 36

**Describing**

2, 7, 12R, 16R, 22R, 27, 32, 37

**Acting with awareness**


**Nonjudging of inner experience**


**Nonreactivity to inner experience**

4, 9, 19, 21, 24, 29, 33