



Integrated Care Concepts & Consultation

New Jersey's Premier Mind/Body Service Provider

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Mindfulness-Client-Self-Assessment

Mindfulness is the practice of presence, when the mind and body are in the same place together. It is difficult to make meaningful change in one's life without embodied presence and owning focus of one's awareness. This self-administered Mindfulness questionnaire will help you notice the quality and impact of your current practice of mindfulness. At the end of the instrument you will scale your score, or we can help you scale your score, to understand if developing a more concentrated mindfulness practice would support your wellness recovery.

Client Information

Name: _____

Date: _____

Mindfulness

Five Facet Mindfulness Questionnaire (FFMQ)

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.

1	2	3	4	5
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.
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.



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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.
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. ___ When I have distressing thoughts or images, I judge myself as good or bad depending what the thought/image is about.
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.



What Your Scores Mean

Scoring:

(Note- **R** = score these items reversed from the original number- ex: A score of 5 would be **Reversed** to a 1)

Subscale Directions	Your Score Total	Your Score Item Average
Observing: Add up items- 1+2+11+15+20+26+31+36		
Describing: Add up items- 2+7+12 R +22 R +27+32+37		
Acting With Awareness: Add up Items- 5 R +8 R +13 R +18 R +23 R +28 R +34 R +38 R		
Non Judging of Inner Experience: Add up items: 3 R +10 R +14 R +17 R 25 R +30 R +35 R +39 R		
Nonreactivity to inner experience: Add up items: 4+9+19+21+24+29+33		
Total FFMQ: Add Subscale Scores		

Note: 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.

- The higher the score in the **Subscale** the more effective your mindfulness practice in that specific area. The lower the Score the more likely this is an area of your life that is inviting a deeper commitment to “showing up”. Ask us about the benefits of mindfulness in each area and how you might improve in specific areas using **Informal, Formal and Intensive Mindfulness Tools**.
- The lower your **Total FFMQ** average score- (Average under 3) -than it is likely that developing a more structured or intentional mindfulness practice will support your wellness recovery more effectively and efficiently.

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