

# FIVE FACET MINDFULNESS QUESTIONNAIRE (FFMQ)

Mindfulness is increasingly recognized as a valuable practice for enhancing mental well-being, reducing stress, and improving cognitive focus. However, understanding what mindfulness truly entails — and how it can be effectively measured — has been a subject of ongoing research.

In 2006, **Ruth Baer et al.** conducted a comprehensive study titled “[\*Using Self-Report Assessment Methods to Explore Facets of Mindfulness\*](#)” This research introduced the **Five Facet Mindfulness Questionnaire (FFMQ)** — a widely used and validated tool designed to assess mindfulness across five distinct dimensions:

1. **Observing** – The ability to notice and attend to internal and external experiences.
2. **Describing** – The capacity to articulate thoughts, emotions, and sensations.
3. **Acting with Awareness** – Engaging in activities with focus and intention rather than acting automatically.
4. **Non-judging of Inner Experience** – Cultivating an accepting attitude toward thoughts and emotions.
5. **Non-reactivity to Inner Experience** – Observing emotions without becoming overwhelmed or acting impulsively.

By completing this questionnaire, you can gain valuable insights into your current mindfulness habits and identify specific areas for growth. The results can help guide you in strengthening mindfulness practices that enhance emotional regulation, mental clarity, and overall well-being.

**Directions:** Please complete the following questionnaire by rating yourself on a scale of **1 to 5** based on how you typically think, feel, or behave:

**5 – Almost Always True:** This is highly characteristic of you; you experience or behave this way

**4 – Mostly True:** This applies to you frequently; you experience this regularly.

**3 – Moderately True:** This describes you fairly often, though not always.

**2 – Sometimes True:** This applies to you on occasion, but not consistently.

**1 – Rarely True:** This rarely describes you; you seldom experience or behave this way.

## Observing (Awareness of Experiences)

I notice changes in my breathing when I feel anxious.

5	4	3	2	1
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I pay attention to the sensations of my body, like warmth or tension.

5	4	3	2	1
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I notice sounds like birds chirping, leaves rustling, or background noise.

5	4	3	2	1
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I'm aware of my emotions as they arise.

5	4	3	2	1
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I'm aware of my emotions as they arise.

5	4	3	2	1
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## Describing (Putting Thoughts into Words)

I can easily describe how I'm feeling.

5	4	3	2	1
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When I'm upset, I can clearly explain what's bothering me.

5	4	3	2	1
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I can put my thoughts and feelings into words.

5	4	3	2	1
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I notice subtle emotional changes and describe them well.

5	4	3	2	1
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When I experience strong emotions, I can articulate what's happening.

5	4	3	2	1
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## **Acting with Awareness (Focusing on the Present)**

I focus entirely on what I'm doing instead of daydreaming.

5	4	3	2	1
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I notice when I start acting without thinking.

5	4	3	2	1
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I avoid multitasking and focus on one task at a time.

5	4	3	2	1
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I stay fully present during activities like eating or walking.

5	4	3	2	1
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I avoid rushing through tasks mindlessly.

5	4	3	2	1
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## **Non-judging of Inner Experience (Self-Compassion)**

I accept my emotions without labeling them as good or bad.

5	4	3	2	1
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I avoid criticizing myself for feeling anxious, frustrated, or sad.

5	4	3	2	1
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I let thoughts and emotions pass without self-judgment.

5	4	3	2	1
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I remind myself that emotions are natural and not inherently negative.

5	4	3	2	1
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I'm kind to myself when I'm feeling overwhelmed.

5	4	3	2	1
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### **Non-reactivity to Inner Experience (Emotional Balance)**

When I experience strong emotions, I pause before reacting.

5	4	3	2	1
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I can recognize distressing thoughts without letting them control my actions.

5	4	3	2	1
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I acknowledge my emotions but don't let them overwhelm me.

5	4	3	2	1
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I can observe frustration or anger without acting impulsively.

5	4	3	2	1
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When thoughts arise, I allow them to pass without judgment or reaction.

5	4	3	2	1
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## SCORING

Once you've completed the questionnaire, add up your individual scores to calculate your total mindfulness score. Use the guide below to interpret your results:

- **39 - 50: Excellent mindfulness skills** — You've cultivated strong mental clarity, emotional balance, and self-awareness. Mindfulness is likely a key part of your daily life.
- **30 - 38: Strong mindfulness habits** — You demonstrate solid mindfulness skills with some areas for refinement. Strengthening certain facets may further improve your mental well-being.
- **20 - 29: Developing mindfulness practices** — While you have some mindfulness habits, building consistency in your practice can improve focus, emotional control, and overall well-being.
- **Below 20: Room for Growth** — Regular mindfulness practice can significantly enhance your mental clarity, emotional balance, and stress management. Starting small with short mindfulness exercises may provide noticeable benefits.

## WHAT TO DO NEXT

Once you've calculated your total score, use these tailored action steps to build stronger mindfulness habits and improve your well-being.

### 39 - 50: Excellent Mindfulness Skills

You've cultivated strong mindfulness habits — now focus on maintaining and refining your skills.

- **Deepen Your Meditation Practice:** Explore advanced meditation techniques such as body scans, loving-kindness meditation (Metta), or mindful movement (like yoga or Tai Chi).
- **Incorporate Mindfulness in New Areas:** Apply mindfulness to new situations — conversations, work meetings, or creative activities.
- **Challenge Yourself with Longer Practice Sessions:** Gradually extend your mindfulness sessions to strengthen focus and deepen emotional resilience.
- **Teach or Guide Others:** Sharing your practice with friends or family can enhance your skills further.

### 30 - 38: Strong Mindfulness Habits with Room for Refinement

You've developed solid mindfulness habits, but refining certain areas can improve your mental clarity and focus.

- Identify your **lowest-scoring facet** and dedicate focused practice to improving it.
- For **Observing:** Try sensory exercises like mindful eating or mindful walking to boost awareness.
- For **Describing:** Start a **mindfulness journal** to practice putting thoughts and emotions into words.
- For **Acting with Awareness:** Use Spiralist's **Pomodoro Timer** or **Deep Work Mode** to improve focus.
- For **Non-judging or Non-reactivity:** Use breathing exercises to stay calm during emotionally intense moments.

## 20 - 29: Developing Mindfulness Practices

Your mindfulness skills are emerging, but developing consistent habits will lead to greater benefits.

- **Start Small and Build Momentum:** Practice mindfulness for just **5-10 minutes** a day.
- Focus on **core techniques** like mindful breathing, body scans, or guided meditations.
- Use **mindful reminders** — such as setting a notification to pause and breathe during the day.
- For **Acting with Awareness:** Try single-tasking; fully immerse yourself in one activity at a time.
- Use **Spiralist's Quick Capture** to offload mental clutter and reduce distractions.

### Below 20: Room for Growth

Developing mindfulness may feel challenging now, but starting small can create powerful changes over time.

- **Commit to 2-5 Minutes Daily:** Start with brief sessions of mindful breathing or meditation.
- Focus on **one key facet** to improve — for example:
  - If you struggle with **Observing**, practice noticing sounds, textures, or sensations during everyday activities.
  - If **Non-judging** is difficult, practice accepting emotions without labeling them as “bad.”
- Try **Mindful Journaling** to reflect on your thoughts and feelings.
- Use **Spiralist's Mindfulness Tools** for guided meditation, breathing exercises, and gentle reflection prompts to build consistent habits.

### Final Tip

Mindfulness is a skill that develops gradually. Regardless of your score, remember that small, consistent steps can lead to profound improvements in focus, emotional balance, and mental clarity.

**Spiralist's Mindfulness Tools** can support your journey — whether you're just starting or refining advanced skills.