Unified Flexibility & Mindfulness (UFM) scale

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| **FLEXIBLE MINDFULNESS SUBSCALES** | | | | | |  |
| DESCRIBING THOUGHTS/FEELINGS |  |  |  |  |  |  |
| **IN THE LAST TWO WEEKS…** | **Never TRUE** | **Rarely TRUE** | **Occasionally TRUE** | **Often TRUE** | **Very Often TRUE** | **Always TRUE** |
| I was good at finding the words to describe my feelings | O | O | O | O | O | O |
| I was easily able to put my beliefs, opinions, and expectations into words | O | O | O | O | O | O |
| Even when I was feeling terribly upset, I found a way to put it into words | O | O | O | O | O | O |
| My natural tendency was to put my experiences into words | O | O | O | O | O | O |
| I could usually describe how I felt at the moment in considerable detail | O | O | O | O | O | O |
| OBSERVING SENSATIONS |  |  |  |  |  |  |
| **IN THE LAST TWO WEEKS…** | **Never TRUE** | **Rarely TRUE** | **Occasionally TRUE** | **Often TRUE** | **Very Often TRUE** | **Always TRUE** |
| I paid attention to sensations, such as the wind in my hair or sun on my face | O | O | O | O | O | O |
| I noticed visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow | O | O | O | O | O | O |
| When I took a shower or a bath, I stayed alert to the sensations of water on my body | O | O | O | O | O | O |
| I paid attention to sounds such as clocks ticking, birds chirping, or cars passing | O | O | O | O | O | O |
| I paid attention to how my emotions affected my thoughts and behavior | O | O | O | O | O | O |
| ACCEPTANCE |  |  |  |  |  |  |
| **IN THE LAST TWO WEEKS…** | **Never TRUE** | **Rarely TRUE** | **Occasionally TRUE** | **Often TRUE** | **Very Often TRUE** | **Always TRUE** |
| I was receptive to observing unpleasant thoughts and feelings without interfering with them. | O | O | O | O | O | O |
| I tried to make peace with my negative thoughts and feelings rather than resisting them | O | O | O | O | O | O |
| I made room to fully experience negative thoughts and emotions, breathing them in rather than pushing them away | O | O | O | O | O | O |
| When I had an upsetting thought or emotion, I tried to give it space rather than ignoring it | O | O | O | O | O | O |
| I opened myself to all of my feelings, the good and the bad | O | O | O | O | O | O |
| PRESENT MOMENT AWARENESS |  |  |  |  |  |  |
| **IN THE LAST TWO WEEKS…** | **Never TRUE** | **Rarely TRUE** | **Occasionally TRUE** | **Often TRUE** | **Very Often TRUE** | **Always TRUE** |
| I was attentive and aware of my emotions | O | O | O | O | O | O |
| I was in tune with my thoughts and feelings from moment to moment | O | O | O | O | O | O |
| I paid close attention to what I was thinking and feeling | O | O | O | O | O | O |
| I was in touch with the ebb and flow of my thoughts and feelings | O | O | O | O | O | O |
| I strived to remain mindful and aware of my own thoughts and emotions | O | O | O | O | O | O |
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| SELF AS CONTEXT |  |  |  |  |  |  |
| **IN THE LAST TWO WEEKS…** | **Never TRUE** | **Rarely TRUE** | **Occasionally TRUE** | **Often TRUE** | **Very Often TRUE** | **Always TRUE** |
| Even when I felt hurt or upset, I tried to maintain a broader perspective | O | O | O | O | O | O |
| I carried myself through tough moments by seeing my life from a larger viewpoint | O | O | O | O | O | O |
| I tried to keep perspective even when life knocked me down | O | O | O | O | O | O |
| When I was scared or afraid, I still tried to see the larger picture | O | O | O | O | O | O |
| When something painful happened, I tried to take a balanced view of the situation | O | O | O | O | O | O |
| DEFUSION |  |  |  |  |  |  |
| **IN THE LAST TWO WEEKS…** | **Never TRUE** | **Rarely TRUE** | **Occasionally TRUE** | **Often TRUE** | **Very Often TRUE** | **Always TRUE** |
| I was able to let negative feelings come and go without getting caught up in them | O | O | O | O | O | O |
| When I was upset, I was able to let those negative feelings pass through me without clinging to them | O | O | O | O | O | O |
| When I was scared or afraid, I was able to gently experience those feelings, allowing them to pass | O | O | O | O | O | O |
| I was able to step back and notice negative thoughts and feelings without reacting to them | O | O | O | O | O | O |
| In tough situations, I was able to notice my thoughts and feelings without getting overwhelmed by them | O | O | O | O | O | O |

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| VALUES |  |  |  |  |  |  |
| **IN THE LAST TWO WEEKS…** | **Never TRUE** | **Rarely TRUE** | **Occasionally TRUE** | **Often TRUE** | **Very Often TRUE** | **Always TRUE** |
| I was very in-touch with what is important to me and my life | O | O | O | O | O | O |
| I stuck to my deeper priorities in life | O | O | O | O | O | O |
| I tried to connect with what is truly important to me on a daily basis | O | O | O | O | O | O |
| Even when it meant making tough choices, I still tried to prioritize the things that were important to me | O | O | O | O | O | O |
| My deeper values consistently gave direction to my life | O | O | O | O | O | O |
| COMMITTED ACTION |  |  |  |  |  |  |
| **IN THE LAST TWO WEEKS…** | **Never TRUE** | **Rarely TRUE** | **Occasionally TRUE** | **Often TRUE** | **Very Often TRUE** | **Always TRUE** |
| Even when I stumbled in my efforts, I didn't quit working toward what is important | O | O | O | O | O | O |
| Even when times got tough, I was still able to take steps toward what I value in life | O | O | O | O | O | O |
| Even when life got stressful and hectic, I still worked toward things that were important to me | O | O | O | O | O | O |
| I didn't let set-backs slow me down in taking action toward what I really want in life | O | O | O | O | O | O |
| I didn't let my own fears and doubts get in the way of taking action toward my goals | O | O | O | O | O | O |
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| **INFLEXIBLE MINDLESSNESS SUBSCALES** | | | | | |  |
| EXPERIENTIAL AVOIDANCE |  |  |  |  |  |  |
| **IN THE LAST TWO WEEKS…** | **Never TRUE** | **Rarely TRUE** | **Occasionally TRUE** | **Often TRUE** | **Very Often TRUE** | **Always TRUE** |
| When I had a bad memory, I tried to distract myself to make it go away | O | O | O | O | O | O |
| I tried to distract myself when I felt unpleasant emotions | O | O | O | O | O | O |
| When unpleasant memories came to me, I tried to put them out of my mind | O | O | O | O | O | O |
| When something upsetting came up, I tried very hard to stop thinking about it | O | O | O | O | O | O |
| If there was something I didn't want to think about, I would try many things to get it out of my mind | O | O | O | O | O | O |
| LACK OF CONTACT WITH THE PRESENT MOMENT | | | | | | |
| **IN THE LAST TWO WEEKS…** | **Never TRUE** | **Rarely TRUE** | **Occasionally TRUE** | **Often TRUE** | **Very Often TRUE** | **Always TRUE** |
| I did most things on "automatic" with little awareness of what I was doing. | O | O | O | O | O | O |
| I did most things mindlessly without paying much attention. | O | O | O | O | O | O |
| I went through most days on auto-pilot without paying much attention to what I was thinking or feeling | O | O | O | O | O | O |
| I floated through most days without paying much attention. | O | O | O | O | O | O |
| Most of the time I was just going through the motions without paying much attention | O | O | O | O | O | O |
| SELF AS CONTENT |  |  |  |  |  |  |
| **IN THE LAST TWO WEEKS…** | **Never TRUE** | **Rarely TRUE** | **Occasionally TRUE** | **Often TRUE** | **Very Often TRUE** | **Always TRUE** |
| I thought some of my emotions were bad or inappropriate and I shouldn't feel them | O | O | O | O | O | O |
| I criticized myself for having irrational or inappropriate emotions | O | O | O | O | O | O |
| I believed some of my thoughts are abnormal or bad and I shouldn't think that way | O | O | O | O | O | O |
| I told myself that I shouldn't be feeling the way I'm feeling | O | O | O | O | O | O |
| I told myself I shouldn't be thinking the way I was thinking | O | O | O | O | O | O |
| FUSION |  |  |  |  |  |  |
| **IN THE LAST TWO WEEKS…** | **Never TRUE** | **Rarely TRUE** | **Occasionally TRUE** | **Often TRUE** | **Very Often TRUE** | **Always TRUE** |
| Negative thoughts and feelings tended to stick with me for a long time. | O | O | O | O | O | O |
| Distressing thoughts tended to spin around in my mind like a broken record. | O | O | O | O | O | O |
| It was very easy to get trapped into unwanted thoughts and feelings. | O | O | O | O | O | O |
| When I had negative thoughts or feelings it was very hard to see past them. | O | O | O | O | O | O |
| When something bad happened it was hard for me to stop thinking about it. | O | O | O | O | O | O |
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| LACK OF CONTACT WITH VALUES |  |  |  |  |  |  |
| **IN THE LAST TWO WEEKS…** | **Never TRUE** | **Rarely TRUE** | **Occasionally TRUE** | **Often TRUE** | **Very Often TRUE** | **Always TRUE** |
| My priorities and values often fell by the wayside in my day to day life | O | O | O | O | O | O |
| When life got hectic, I often lost touch with the things I value | O | O | O | O | O | O |
| The things that I value the most often fell off my priority list completely | O | O | O | O | O | O |
| I didn't usually have time to focus on the things that are really important to me | O | O | O | O | O | O |
| When times got tough, it was easy to forget about what I truly value | O | O | O | O | O | O |
| INACTION |  |  |  |  |  |  |
| **IN THE LAST TWO WEEKS…** | **Never TRUE** | **Rarely TRUE** | **Occasionally TRUE** | **Often TRUE** | **Very Often TRUE** | **Always TRUE** |
| Negative feelings often trapped me in inaction | O | O | O | O | O | O |
| Negative feelings easily stalled out my plans | O | O | O | O | O | O |
| Getting upset left me stuck and inactive | O | O | O | O | O | O |
| Negative experiences derailed me from what's really important | O | O | O | O | O | O |
| Unpleasant thoughts and feelings easily overwhelmed my efforts to deepen my life | O | O | O | O | O | O |

PERMISSION FOR USE: We developed the UFM scales to be freely available for research and clinical use. No further permission is required beyond this form and the authors will not generate study-specific permission letters.

SCORING:

Subscales – To score the UFM subscales, you assign responses point values from 1 to 6 (left to right as presented above) and then average the responses across the items of each scale so that higher scores reflect higher levels of the dimension being assessed by each set of items.

Global Composites – The averages of the 8 positive subscales can be averaged to create a composite representing global flexible-mindfulness. Similarly, the averages of the 6 negative subscales can be averaged to create a global inflexible mindlessness composite.

Shorter Global Composites – The first two items of each of the positive subscales can be averaged to create a shorter 16-item global flexible mindfulness composite. Similarly, the first 2 items of each of the inflexibility subscales can be averaged to create a shorter 12-item global inflexible mindlessness composite.

NOTE – When we present the scale to participants, we do not show them the titles of the subscales. Those were included above in the interest of clarity.

INTERPRETATION:

Normative Information – The research article developing the UFM (Rogge & Daks, in press) presents basic normative data on its subscales (e.g., means and standard deviations). That information will help to place individual scores into a larger context.

Online Interpretative Profiles – The research team is currently working on developing algorithms to create standardized flexibility/inflexibility profiles for use in clinical settings. Although use of the MPFI will remain open and free of any charges, these profiles will be available for small fees from a secure website (to cover the costs of their development and ongoing validation). Please email Dr. Rogge at [rogge@psych.rochester.edu](mailto:rogge@psych.rochester.edu) if you wish to be informed when those additional online clinical tools become available.

CITATION: If you are using this scale, then you should cite the research article validating it as follows:

Rogge, R. D., & Daks, J. S. (in press). Embracing the Intricacies of the Path toward Mindfulness: Broadening our Conceptualization of the Process of Cultivating Mindfulness in Day-to-Day Life by Developing the Unified Flexibility and Mindfulness Model. *Mindfulness.*