

Name: _____

Date: _____

Psychological Flexibility Scale

Below are six scales, each with contrasting statements at each end. For each scale, mark where you would place yourself, depending on how closely the statements apply to you. If you feel each statement applies equally, or that neither applies, score 5.

Acceptance		
I constantly struggle with my thoughts and feelings	1 2 3 4 5 6 7 8 9 10	I willingly accept my thoughts and feelings even when I don't like them
Defusion		
My thoughts tell me how things really are, and determine what I do next	1 2 3 4 5 6 7 8 9 10	I see each of my thoughts as just one of many ways to think about things – what I do next is up to me
Attention to Present		
I spend most of my time lost in thoughts about the past or future	1 2 3 4 5 6 7 8 9 10	I spent most of my time paying attention to what is happening in the present moment
Self as Observer		
Deep down, my thoughts and feelings are the real me	1 2 3 4 5 6 7 8 9 10	My thoughts and feelings come and go, but deep down the real me doesn't change
Values		
I don't know what I want from life or what matters	1 2 3 4 5 6 7 8 9 10	I am clear about what I choose to value in life; I know what matters to me
Commitment and Taking Action		
I don't manage to act on the things I care about	1 2 3 4 5 6 7 8 9 10	I work out what I need to do about the things I care about, and I see it through