

**«Psy-Flex»**  
Questionnaire

**Instructions:** The questions refer to your experiences in the last seven days.

1. Even if I am somewhere else with my thoughts, I can focus on what's going on in important moments.

very often	often	from time to time	seldom	very seldom
⑤	④	③	②	①

2. If need be, I can let unpleasant thoughts and experiences happen without having to get rid of them immediately.

very often	often	from time to time	seldom	very seldom
⑤	④	③	②	①

3. I can look at hindering thoughts from a distance without letting them control me.

very often	often	from time to time	seldom	very seldom
⑤	④	③	②	①

4. Even if thoughts and experiences are confusing me I can notice something like a steady core inside of me.

very often	often	from time to time	seldom	very seldom
⑤	④	③	②	①

5. I determine what's important for me and decide what I want to use my energy for.

very often	often	from time to time	seldom	very seldom
⑤	④	③	②	①

6. I engage thoroughly in things that are important, useful, or meaningful to me.

very often	often	from time to time	seldom	very seldom
⑤	④	③	②	①

# «Psy-Flex»

## Instruction sheet

Gloster, A. T., Block, V. J., Klotsche, J., Villanueva, J., Rinner, M. T. B., Benoy, C., Walter, M., Karekla, M., Bader, K. (2021). Psy-Flex: A contextually sensitive measure of psychological flexibility. *Journal of Contextual Behavioral Science*, 22, 13–23. <https://doi.org/10.1016/J.JCBS.2021.09.001>

### 1. Being present

Even if I am somewhere else with my thoughts, I can focus on what's going on in important moments.

very often	often	from time to time	seldom	very seldom
⑤	④	③	②	①

### 2. Being open for experiences

If need be, I can let unpleasant thoughts and experiences happen without having to get rid of them immediately.

very often	often	from time to time	seldom	very seldom
⑤	④	③	②	①

### 3. Leaving thoughts be

I can look at hindering thoughts from a distance without letting them control me.

very often	often	from time to time	seldom	very seldom
⑤	④	③	②	①

### 4. Steady self

Even if thoughts and experiences are confusing me I can notice something like a steady core inside of me.

very often	often	from time to time	seldom	very seldom
⑤	④	③	②	①

### 5. Awareness of one's own values

I determine what's important for me and decide what I want to use my energy for.

very often	often	from time to time	seldom	very seldom
⑤	④	③	②	①

### 6. Being engaged

I engage thoroughly in things that are important, useful, or meaningful to me.

very often	often	from time to time	seldom	very seldom
⑤	④	③	②	①

**Scoring instructions:** Sum all 6 answers. The higher the sum, the higher the psychological flexibility.

**English version by:** Andrew Gloster (send feedback to: [andrew.gloster@unibas.ch](mailto:andrew.gloster@unibas.ch)). Updated 10/2021.

**Latest English validation study:** Gloster AT, Block VJ, Klotsche J, et al. Psy-Flex: A contextually sensitive measure of psychological flexibility. *J Context Behav Sci* 2021;22:13–23. doi:10.1016/J.JCBS.2021.09.001