

## Psy-Flex

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.

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

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

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

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

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

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

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

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

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

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

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