

FFMQ - Facettes

1. Observation de l'expérience (Observe) (items: 1, 6, 11, 15, 20, 26, 31, 36)
2. Description de l'expérience (Describe) (items: 2, 7, 12R, 16R, 22R, 27, 32, 37)
3. Agir consciemment (Act with awareness) (items: 5R, 8R, 13R, 18R, 23R, 28R, 34R, 38R)
4. Non-jugement (Nonjudge) (items: 3R, 10R, 14R, 17R, 25R, 30R, 35R, 39R).
5. Non-réaction (Nonreact) (items: 4, 9, 19, 21, 24, 29, 33)