

## CFQ

Below you will find a list of statements. Please rate how true each statement is for you by circling a number next to it. Use the scale below to make your choice.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>never true</b>	<b>very seldom true</b>	<b>seldom true</b>	<b>sometimes true</b>	<b>frequently true</b>	<b>almost always true</b>	<b>always true</b>

1. My thoughts cause me distress or emotional pain.	1	2	3	4	5	6	7
2. I get so caught up in my thoughts that I am unable to do the things that I most want to do.	1	2	3	4	5	6	7
3. I over-analyse situations to the point where it's unhelpful to me.	1	2	3	4	5	6	7
4. I struggle with my thoughts.	1	2	3	4	5	6	7
5. I get upset with myself for having certain thoughts.	1	2	3	4	5	6	7
6. I tend to get very entangled in my thoughts.	1	2	3	4	5	6	7
7. It's such a struggle to let go of upsetting thoughts even when I know that letting go would be helpful.	1	2	3	4	5	6	7

**Interpretation**

The CFQ is a 7-item measure of overall cognitive fusion. Items are rated from 1 (never true) to 7 (always true), and all items are summed to derive a total score ranging from 7 to 49. A score below 20 indicates flexible thinking, and scores that move into the mid to upper 20s and 30s suggest that fusion is becoming more dominant.

**References**

Gillanders, D. T., Bolderston, H., Bond, F. W., Dempster, M., Flaxman, P. E., Campbell, L., Kerr, S., Tansey, L., Noel, P., Ferenbach, C., Masley, S., Roach, L., Lloyd, J., May, L., Clarke, S., Remington, R. (2014) The development and initial validation of The Cognitive Fusion Questionnaire. *Behavior Therapy*, 45, 83–101.

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