

### LONG Dispositional Flow Scale (DFS-2)–General

Please answer the following questions in relation to your experience in your chosen activity. These questions relate to the thoughts and feelings you may experience during participation in your activity. You may experience these characteristics some of the time, all of the time, or none of the time. There are no right or wrong answers. Think about how often you experience each characteristic during your activity, then circle the number that best matches your experience.

When participating in: _____ (Name Event/Activity)		Never	Rarely	Sometimes	Frequently	Always
1	I am challenged, but I believe my skills will allow me to meet the challenge	1	2	3	4	5
2	I do things correctly without thinking about trying to do so	1	2	3	4	5
3	I know clearly what I want to do	1	2	3	4	5
4	It is really clear to me how I am going	1	2	3	4	5
5	My attention is focused entirely on what I am doing	1	2	3	4	5
6	I have a sense of control over what I am doing	1	2	3	4	5
7	I am not concerned with what others may be thinking of me	1	2	3	4	5
8	Time seems to alter (either slows down or speeds up)	1	2	3	4	5
9	I really enjoy the experience of what I am doing	1	2	3	4	5
10	My abilities match the challenge of what I am doing	1	2	3	4	5
11	Things just seem to happen automatically	1	2	3	4	5
12	I have a strong sense of what I want to do	1	2	3	4	5
13	I am aware of how well I am doing	1	2	3	4	5
14	It is no effort to keep my mind on what is happening	1	2	3	4	5
15	I feel like I can control what I am doing	1	2	3	4	5
16	I am not concerned with how others may be evaluating me	1	2	3	4	5

cont...	Never	Rarely	Sometimes	Frequently	Always
17 The way time passes seems to be different from normal	1	2	3	4	5
18 I love the feeling of what I am doing and want to capture this feeling again	1	2	3	4	5
19 I feel I am competent enough to meet the demands of the situation	1	2	3	4	5
20 I do things automatically, without thinking too much	1	2	3	4	5
21 I know what I want to achieve	1	2	3	4	5
22 I have a good idea about how well I am doing while I am involved in the task/activity	1	2	3	4	5
23 I have total concentration	1	2	3	4	5
24 I have a feeling of total control over what I am doing	1	2	3	4	5
25 I am not concerned with how I am presenting myself	1	2	3	4	5
26 It feels like time goes by quickly	1	2	3	4	5
27 The experience leaves me feeling great	1	2	3	4	5
28 The challenge and my skills are at an equally high level	1	2	3	4	5
29 I do things spontaneously and automatically without having to think	1	2	3	4	5
30 My goals are clearly defined	1	2	3	4	5
31 I can tell by the way things are progressing how well I am doing	1	2	3	4	5
32 I am completely focused on the task at hand	1	2	3	4	5
33 I feel in total control of my actions	1	2	3	4	5
34 I am not worried about what others may be thinking of me	1	2	3	4	5
35 I lose my normal awareness of time	1	2	3	4	5
36 The experience is extremely rewarding	1	2	3	4	5

**Appendix I: Scoring LONG Flow (Dispositional)**

**LONG Dispositional Flow Scale-2 (DFS-2) - Physical**

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**LONG Dispositional Flow Scale-2 (DFS-2) - General**

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The **LONG Dispositional Flow Scales (DFS-2)** are designed to be used as a dispositional flow assessment, with responses indicating the frequency with which flow is experienced in the target activity in general. Therefore, responses should be given at a time that is not directly associated with taking part in the activity being assessed.

The title on the questionnaire is "LONG Dispositional Flow Scale (DFS-2) (Physical or General)". Respondents should be directed to answer the scale in relation to their experience in their chosen activity in general. Instructions for respondents are provided on the first page of the questionnaire.

**Scoring of DFS-2 Dimensions**

The table below can be used to score the DFS-2. As shown in the Table, there are four items for each of nine flow dimensions (A) represented in this scale. The item numbers for each dimension are given below (B). Total the item scores for each dimension (C), and then divide by four, to obtain flow dimension item-average scores (D). If there are non-responses, average for the number of responses available. A total scale score can also be obtained by summing the item-average dimension scores. It is recommended that dimension scores be used where possible, as more detailed information about flow is available via the dimension profile.

<b>A</b> <b>DFS-2 Dimensions</b>	<b>B</b> <b>Items</b>	<b>C</b> <b>Dimension Total</b>	<b>D</b> <b>Item- Average Scores</b>
1. Challenge-Skill Balance	Q1+Q10+Q19+Q28		
2. Merging of Action and Awareness	Q2+Q11+Q20+Q29		
3. Clear Goals	Q3+Q12+Q21+Q30		
4. Unambiguous Feedback	Q4+Q13+Q22+Q31		
5. Concentration on the Task at Hand	Q5+Q14+Q23+Q32		
6. Sense of Control	Q6+Q15+Q24+Q33		
7. Loss of Self-Consciousness	Q7+Q16+Q25+Q34		
8. Transformation of Time	Q8+Q17+Q26+Q35		
9. Autotelic Experience	Q9+Q18+Q27+Q36		
<b>Total Scale Score (sum column D)</b>			