

SHORT Dispositional Flow Scale (S DFS)

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.

In general, when I take part in (name your main activity): 

		Never	Rarely	Sometimes	Frequently	Always
1	I feel I am competent enough to meet the demands of the situation	1	2	3	4	5
2	I do things spontaneously and automatically without having to think	1	2	3	4	5
3	I have a strong sense of what I want to do	1	2	3	4	5
4	I have a good idea about how well I am doing while I am involved in the task/ <u>activity</u>	1	2	3	4	5
5	I am completely focused on the task at hand	1	2	3	4	5
6	I have a feeling of total control over what I am doing	1	2	3	4	5
7	I am not worried about what others may be thinking of me	1	2	3	4	5
8	The way time passes seems to be different from normal	1	2	3	4	5
9	The experience is extremely rewarding	1	2	3	4	5