**Reflective Functioning Questionnaire – 54 items**

**Please work through the next 54 statements. For each statement, choose a number between 1 and 7 to say how much you disagree or agree with the statement, and write the number beside the statement. Do not think too much about it – your initial responses are usually the best. Thank you.**

**Use the following scale from 1 to 7:**

Strongly 1 2 3 4 5 6 7 Strongly

disagree agree

1. \_\_ People’s thoughts are a mystery to me

2. \_\_ It’s easy for me to figure out what someone else is thinking or feeling

3. \_\_ My picture of my parents changes as I change

4. \_\_ I worry a great deal about what people are thinking and feeling

5. \_\_ I pay attention to the impact of my actions on others’ feelings

6. \_\_ It takes me a long time to understand other people’s thoughts and feelings

7. \_\_ I know exactly what my close friends are thinking

8. \_\_ I always know what I feel

9. \_\_ How I feel can easily affect how I understand someone else’s behaviour

10. \_\_ I can tell how someone is feeling by looking at their eyes

11. \_\_ I realise that I can sometimes misunderstand my best friends’ reactions

12. \_\_ I often get confused about what I am feeling

13. \_\_ I wonder what my dreams mean

14. \_\_ Understanding what’s on someone else’s mind is never difficult for me

15. \_\_ I believe that my parents’ behaviour towards me should not be explained by how they were brought up

16. \_\_ I don’t always know why I do what I do

17. \_\_ I have noticed that people often give advice to others that they actually wish to follow themselves

18. \_\_ It’s really hard for me to figure out what goes on in other people’s heads

19. \_\_ Other people tell me I’m a good listener

20. \_\_ When I get angry I say things without really knowing why I am saying them

21. \_\_ I’m often curious about the meaning behind others’ actions

22. \_\_ I really struggle to make sense of other people’s feelings

23. \_\_ I often have to force people to do what I want them to do

24. \_\_ Those close to me often seem to find it difficult to understand why I do things

25. \_\_ I feel that, if I am not careful, I could intrude into another person’s life

26. \_\_ Other people’s thoughts and feelings are confusing to me

27. \_\_ I can mostly predict what someone else will do

28. \_\_ Strong feelings often cloud my thinking

29. \_\_ In order to know exactly how someone is feeling, I have found that I need to ask them

30. \_\_ My intuition about a person is hardly ever wrong

31. \_\_ I believe that people can see a situation very differently based on their own beliefs and experiences

32. \_\_ Sometimes I find myself saying things and I have no idea why I said them

33. \_\_ I like to think about the reasons behind my actions

34. \_\_ I normally have a good idea of what is on other people’s minds

35. \_\_ I trust my feelings

36. \_\_ When I get angry I say things that I later regret

37. \_\_ I get confused when people talk about their feelings

38. \_\_ I am a good mind reader

39. \_\_ I frequently feel that my mind is empty

40. \_\_ If I feel insecure I can behave in ways that put others’ backs up

41. \_\_ I find it difficult to see other people’s points of view

42. \_\_ I usually know exactly what other people are thinking

43. \_\_ I anticipate that my feelings might change even about something I feel strongly about

44. \_\_ Sometimes I do things without really knowing why

45. \_\_ I pay attention to my feelings

46. \_\_ In an argument, I keep the other person’s point of view in mind

47. \_\_ My gut feeling about what someone else is thinking is usually very accurate

48. \_\_ Understanding the reasons for people’s actions helps me to forgive them

49. \_\_ I believe that there is no RIGHT way of seeing any situation

50. \_\_ I am better guided by reason than by my gut

51. \_\_ I can’t remember much about when I was a child

52. \_\_ I believe there’s no point trying to guess what’s on someone else’s mind

53. \_\_ For me actions speak louder than words

54. \_\_ I believe other people are too confusing to bother figuring out