

Reflective Functioning Questionnaire – 54 items

反思功能问卷

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.

请阅读以下 54 个陈述。对每个陈述，请从 1-7 选择一个数字代表你对它的同意或反对程度，并将你的分数记录在该陈述左边下划线中。请不要思考过多，你的直觉反应是最恰当的。

Use the following scale from 1 to 7:

Strongly disagree 强烈反对	1	2	3	4	5	6	7	Strongly agree 强烈同意
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1. ___ People's thoughts are a mystery to me
人们的想法对我来说总是个谜。
2. ___ It's easy for me to figure out what someone else is thinking or feeling
理解他人的想法和感受对我来说很简单
3. ___ My picture of my parents changes as I change
我对我父母的印象随着我改变而改变着
4. ___ I worry a great deal about what people are thinking and feeling
我对他人此时有哪些想法和感受非常担忧
5. ___ I pay attention to the impact of my actions on others' feelings
我关注自己的行为会让他人有什么感受
6. ___ It takes me a long time to understand other people's thoughts and feelings
我需要花很久才能理解他人是怎么想的和感受的
7. ___ I know exactly what my close friends are thinking
我非常理解我的密友为何会这么想
8. ___ I always know what I feel
我总是知道自己的感受是什么

9. ___ How I feel can easily affect how I understand someone else's behaviour
我的感受会直接影响我如何理解一个人的行为

10. ___ I can tell how someone is feeling by looking at their eyes
我可以从他人的目光中知道他们的感受

11. ___ I realise that I can sometimes misunderstand my best friends' reactions
我意识到自己有时可能会误解我最好朋友的反应

12. ___ I often get confused about what I am feeling
我经常对自己的感受是什么觉得很困惑

13. ___ I wonder what my dreams mean
我好奇自己的梦意味着什么

14. ___ Understanding what's on someone else's mind is never difficult for me
理解他人的想法对我来说从来就是小菜一碟

15. ___ I believe that my parents' behaviour towards me should not be explained by how they were brought up
我相信我父母是如何对待我的，跟他们是如何被养大的无关

16. ___ I don't always know why I do what I do
我并不总是知道为何我要这么做。

17. ___ I have noticed that people often give advice to others that they actually wish to follow themselves
我注意到人们经常给出些实际上是自己想去那么做的建议

18. ___ It's really hard for me to figure out what goes on in other people's heads
搞清楚他人是怎么想的对我来说非常困难

19. ___ Other people tell me I'm a good listener
有人跟我说我是个很好的倾听者

20. ___ When I get angry I say things without really knowing why I am saying them
当我生气时，我总会说出之后令自己后悔的事情。

21. ___ I'm often curious about the meaning behind others' actions
我经常好奇人们行为背后的意义
22. ___ I really struggle to make sense of other people's feelings
我真的很难搞明白其他人的感受是什么
23. ___ I often have to force people to do what I want them to do
我经常感到自己不得不强迫人们去做我要他们做的事情
24. ___ Those close to me often seem to find it difficult to understand why I do things
与我亲近的人总会发现很难理解我为何要这么做
25. ___ I feel that, if I am not careful, I could intrude into another person's life
我感觉如果我不谨慎些的话，我会干涉到他人的生活
26. ___ Other people's thoughts and feelings are confusing to me
他人的想法和感受令我十分困惑
27. ___ I can mostly predict what someone else will do
我绝大部分情况几乎可以预料到一个人之后会如何做
28. ___ Strong feelings often cloud my thinking
激烈的情绪感受总会让我没办法思考
29. ___ In order to know exactly how someone is feeling, I have found that I need to ask them
为了解一个人究竟是什么感受，我发现自己必须要问了他们才知道
30. ___ My intuition about a person is hardly ever wrong
我对一个人的直觉很少会出错
31. ___ I believe that people can see a situation very differently based on their own beliefs and experiences
我相信人们会因自己的信念和经历去从完全不同的角度解读同一件事情
32. ___ Sometimes I find myself saying things and I have no idea why I said them
有时我觉得自己在说些自己也不知道为何要这么说的话

33. ___ I like to think about the reasons behind my actions
我喜欢去思考我行为背后的原因
34. ___ I normally have a good idea of what is on other people's minds
我通常情况下能够很好的理解他人在想什么
35. ___ I trust my feelings
我相信自己的感受
36. ___ When I get angry I say things that I later regret
当我生气时，我总会说出之后令自己后悔的话
37. ___ I get confused when people talk about their feelings
当他人说起自己的感受时，我很难理解它们
38. ___ I am a good mind reader
我十分善解人意
39. ___ I frequently feel that my mind is empty
我经常觉得自己的内在是空的
40. ___ If I feel insecure I can behave in ways that put others' backs up
当我感到不安全时，我的行为就会变得容易惹恼他人。
41. ___ I find it difficult to see other people's points of view
我觉得理解他人的视角太困难了
42. ___ I usually know exactly what other people are thinking
我常常能够准确理解他人的想法
43. ___ I anticipate that my feelings might change even about something I feel strongly about
我知道自己的感受可能会变，即便我现在这个感受是如此的强烈
44. ___ Sometimes I do things without really knowing why
我有时会做些自己都觉得莫名其妙的事情
45. ___ I pay attention to my feelings
我关注自己的感受

46. ___ In an argument, I keep the other person's point of view in mind
有冲突时，我可以尊重他人的看法
47. ___ My gut feeling about what someone else is thinking is usually very accurate
我对一个人正在想什么的直觉通常非常准确
48. ___ Understanding the reasons for people's actions helps me to forgive them
理解他人行为的原因有助于我体谅他们
49. ___ I believe that there is no RIGHT way of seeing any situation
我相信理解一件事的视角无对错之分
50. ___ I am better guided by reason than by my gut
我觉得自己还是理性点儿比感性好
51. ___ I can't remember much about when I was a child
我对童年的记忆很模糊
52. ___ I believe there's no point trying to guess what's on someone else's mind
我相信去猜测他人想法是毫无意义的
53. ___ For me actions speak louder than words
我习惯用“做”去表达，而不是说
54. ___ I believe other people are too confusing to bother figuring out
我觉得他人实在是太令人困惑了，以至于不可能搞的明白

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译者：Luna

注：以上是反思功能问卷，具体如何使用问卷需要结合专业程序由专业人士进行操作和分析。以下链接是Peter.Fonagy 发来的有关反思功能问卷的相关网页，供学有余力的同学参考：<https://www.ucl.ac.uk/psychoanalysis/research/reflective-functioning-questionnaire-rfq>

证道

正心 诚意
共 成 长

以下是近期精彩课程，扫描二维码了解详情



关系创伤的动力学治疗 临床全过程及操作技术指导

Janet Bachant

创伤治疗顶尖专家

纽约精神分析中心督导师
纽约灾难咨询联合会主席



深度解析不同类型自恋人格治疗与边缘人格治疗的六步骤疗法

Vamik Volkan

五次诺贝尔和平奖提名

弗洛伊德奖和西格尼奖双料获得者
美国精神分析学院前主席



婴幼儿核心自体与情感的发展：探索儿童的主观体验

Kim Kleinman

少有的儿童与成人双重精神分析家

IPA训练分析师和督导师
中美儿童青少年培训项目美方负责人



10类人格组织与8种症状的心理动力学诊断与治疗

Sagman Kayatekin

休斯顿精神分析研究所主席

门宁格医学中心临床心理学家
贝勒医学院精神医学临床教授
武汉中美班前美方负责人