

Flow State Scale(FSS)

Jackson, S. A., & Marsh, H. W. (1996). Development and validation of a scale to measure optimal experience: The Flow State Scale. *Journal of sport and exercise psychology*, 18(1), 17-35.

36 Items

1 Dimension

1. I was challenged, but I believed my skills would allow me to meet the challenge.
2. I made the correct movements without thinking about trying to do so.
3. I knew clearly what I wanted to do.
4. It was really clear to me that I was doing well.
5. My attention was focused entirely on what I was doing.
6. I felt in total control of what I was doing.
7. I was not concerned with what others may have been thinking of me.
8. Time seemed to alter (either slowed down or speeded up).
9. I really enjoyed the experience.
10. My abilities matched the high challenge of the situation.
11. Things just seemed to be happening automatic
12. I had a strong sense of what I wanted to do.
13. I was aware of how well I was performing.
14. It was no effort to keep my mind on what was happening
15. I felt like I could control what I was doing.
16. I was not worried about my performance during the event.
17. The way time passed seemed to be different from normal.
18. I loved the feeling of that performance and want to capture it again.
19. I felt I was competent enough to meet the high demands of the situation.
20. I performed automatically.
21. I knew what I wanted to achieve.
22. I had a good idea while I was performing about how well I was doing.
23. I had total concentration.
24. I had a feeling of total control.
25. I was not concerned with how I was presenting myself.
26. It felt like time stopped while I was forming performing.
27. The experience left me feeling great.
28. The challenge and my skills were at an equally high level.
29. I did things spontaneously and automatically without having to think.
30. My goals were clearly defined.
31. I could tell by the way I was performing how well I was doing.
32. I was completely focused on the task at hand.
33. I felt in total control of my body.
34. I was not worried about what others may have been thinking of me.
35. At times, it almost seemed like things were happening in slow motion.
36. I found the experience extremely rewarding.

5-Point Likertscale (1) Strongly Disagree, (2) Disagree, (3) Neutral, (4) Agree, (5) Strongly Agree

Cronbachs $\alpha = .83$