

Study _____

Date _____

Condition _____

Participant ID _____

CORE FLOW SCALE

[Martin & Jackson \(2008\)](#) • Prepared by the [Inclusive Interaction Lab](#)

The following are 7-point Likert scale questions that contain statements. Please respond by marking the answer you think best describes your feelings.

1. I am “totally involved”.

1	2	3	4	5	6	7
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Strongly disagree *Strongly agree*

2. It feels like “everything clicks”.

1	2	3	4	5	6	7
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Strongly disagree *Strongly agree*

3. I am “tuned in” to what I am doing.

1	2	3	4	5	6	7
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Strongly disagree *Strongly agree*

4. I am “in the zone”.

1	2	3	4	5	6	7
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Strongly disagree *Strongly agree*

5. I feel “in control”.

1	2	3	4	5	6	7
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Strongly disagree *Strongly agree*

6. I am “switched on”.

1	2	3	4	5	6	7
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Strongly disagree *Strongly agree*

7. It feels like I am “in the flow” of things.

1	2	3	4	5	6	7
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Strongly disagree *Strongly agree*

8. It feels like “nothing else matters”.

1	2	3	4	5	6	7
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Strongly disagree *Strongly agree*

9. I am “in the groove”.

1	2	3	4	5	6	7
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Strongly disagree *Strongly agree*

10. I am “totally focused” on what I am doing.

1	2	3	4	5	6	7
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Strongly disagree *Strongly agree*