

The Self-Forgetfulness Scale (SFS-12)

1. Functional Self-Forgetfulness

(Absorption, flow, reduced self-focus during activity)

1. When I'm engaged in an activity, I can lose track of time and place.
2. I can become fully absorbed in what I'm doing.
3. I tend to think a lot about myself when I'm working or creating something. (R)
→ Reverse item: self-focus / diminished functional self-forgetting
4. When I'm involved in something meaningful, I don't think about how I come across to others.

2. Relational Self-Forgetfulness

(Presence, connection, reduced self-focus in social situations)

5. I can be present with other people without thinking so much about myself.
6. When I'm listening to someone, I can be so engaged that I don't think much about myself.
7. Even in close relationships, I'm aware of how I appear to others. (R)
→ Reverse item: self-presentation / social self-monitoring
8. When I'm with others, the boundary between "me" and "them" can feel less clear.

3. Existential Self-Forgetfulness

(Meaning, unity, stepping beyond the self-focused mind)

9. In nature or in special moments, I feel like I'm part of something larger.
10. I have moments where I forget myself and simply feel present.
11. I usually feel separate from the world around me. (R)
→ Reverse item: lack of unity / lack of transcendence
12. When I'm moved by something beautiful or meaningful, I become completely absorbed in it.

Ratings (1–5):

- 1 = Strongly disagree
- 2 = Disagree
- 3 = Neither agree nor disagree
- 4 = Agree
- 5 = Strongly agree