

## Cognitive Flexibility Inventory (CFI)

Client Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Please check the appropriate box for each statement.

Statement	Strongly disagree	Disagree	Somewhat disagree	Neutral	Somewhat agree	Agree	Strongly agree
I am good at analyzing situations and identifying what is required.							
I easily make decisions when faced with difficult situations.							
I consider multiple options before making decisions.							
When I encounter difficult situations, I feel like I am in control and capable of coping.							
I look at challenges and obstacles from many different angles.							
I seek additional information not immediately available before jumping to conclusions.							
When I encounter difficult situations, I am calm enough to think of a way to resolve the situation.							
I try to think about things from another person's point of view.							
I find it exciting that there are so many ways to deal with difficult situations.							
I am good at putting myself in others' shoes.							
When I encounter difficult situations, I typically know what to do.							
It is important to look at difficult situations from many angles.							
When faced with a problem, I consider multiple options before deciding how to react.							
I look at situations from different viewpoints.							
I can overcome the difficulties in life that I face.							
I can easily change my mind when presented with options.							

Statement	Strongly disagree	Disagree	Somewhat disagree	Neutral	Somewhat agree	Agree	Strongly agree
I consider all the available facts and information when facing a problem.							
I am confident I can change things in difficult situations.							
When I encounter difficult situations, I pause and try to think of different ways to resolve it.							
I can think of more than one way to resolve a difficult situation I'm confronted with.							
I consider multiple options before responding to difficult situations.							
I am generally flexible when plans unexpectedly change.							
<b>Add up the checkmarks for each column:</b>							

### **Note to Therapists:**

The Cognitive Flexibility Inventory (CFI) is a self-report measure to monitor how often individuals engage in cognitive behavioral thought challenging interventions. Cognitive flexibility enables people to think adaptively when encountering stressful life events, and it is a core skill that helps them avoid becoming stuck in maladaptive thinking patterns. The CFI measures two aspects of cognitive flexibility:

Alternatives—the adaptive ability to perceive multiple alternative explanations for life occurrences and the ability to generate multiple alternative solutions to difficult situations.

Control—having an internal locus of control, or the tendency to perceive difficult situations as somewhat controllable.

Clients with high cognitive flexibility are more likely to react adaptively in response to difficult life experiences, while cognitively inflexible clients are more susceptible to experiencing pathological reactions.

### **Scoring:**

The total score ranges between 22 and 154, where higher scores ( > 110) indicate greater cognitive flexibility.

Add your client’s responses for each column using the following point system.

Strongly disagree = 1 point

Disagree = 2 points

Somewhat disagree = 3 points

Neutral = 4 points

Somewhat agree = 5 points

Agree = 6 points

Strongly agree = 7 points

### **Developer:**

Dennis, J. P., and Vander Wal, J. S. (2010). The cognitive flexibility inventory: Instrument development and estimates of reliability and validity. *Cognitive Therapy and Research*, 34(3), 241–253. <https://doi.org/10.1007/s10608-009-9276-4>

### **Reference:**

Johnco, C., Wuthrich, V. M., and Rapee, R. M. (2014). Reliability and validity of two self-report measures of cognitive flexibility. *Psychological Assessment*, 26(4), 1381–1387. <https://doi.org/10.1037/a0038009>