MINDFULNESS WORKSHEET 4A (Mindfulness Handouts 4–4c)

Observing, Describing, Participating Checklist

Due Date: __________ Name: __________________________ Week Starting: __________

Check off mindfulness skills that you use when you use them. You can check each skill up to four times. If you practice a skill more than four times, extend your checks toward the edge of the page, or use the back of the page if needed.

Practice observing: Check off an exercise each time you do one.

1. What you see: _____ Watch without following what you see.
2. Sounds: _____ Sounds around you, _____ pitch and sound of someone’s voice, _____ music.
3. Smells around you: _____ Aroma of food, _____ soap, _____ air as you walk.
5. Urges to do something: _____ Urge-surf, _____ notice urge to avoid, _____ notice where in body urge is.
7. Thoughts coming in and out of your mind: _____ Imagine your mind as a river, _____ as a conveyor belt.
9. By expanding awareness: _____ To your entire body, _____ to space around you, _____ to hugging a tree.
10. By opening the mind: _____ To each sensation arising, not attaching, letting go of each.
11. Other (describe): _______________________

Practice describing: Check off an exercise each time you do one.

12. What you see outside of your body.
13. Thoughts, feelings, and body sensations inside yourself.
14. Your breathing.
15. Other (describe): _______________________

Practice participating: Check off an exercise each time you do one.

16. Dance to music.
17. Sing along with music you are listening to.
18. Sing in the shower.
19. Sing and dance while watching TV.
20. Jump out of bed and dance or sing before getting dressed.
21. Go to a church that sings and join in the singing.
22. Play karaoke with friends or at a karaoke club or bar.
23. Throw yourself into what another person is saying.
24. Go running, riding, skating, walking; become one with the activity.
25. Play a sport and throw yourself into playing.
26. Become the count of your breath, becoming only “one” when you count 1, becoming only “two” when you count 2, and so on.
27. Become a word as you slowly say the word over and over and over.
28. Throw caution to the wind, and throw yourself into a social or work activity.
29. Other (describe): _______________________

List any and all wise things you did this week: ______________________________________

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