Mindfulness “What” Skills: Observing, Describing, Participating

Due Date: ___________ Name: ___________ Week Starting: ___________

Check off the mindfulness skills you practiced this week. Write out descriptions of two different times when you practiced a mindfulness skill. Use back of sheet for more examples.

____ Observing  ____ Describing  ____ Participating

Describe the situation and how you practiced the skill:

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

Check if practicing this mindfulness skill has improved any of the following, even a little bit:

____ Reduced suffering  ____ Increased happiness  ____ Increased ability to focus

____ Decreased reactivity  ____ Increased wisdom  ____ Increased experiencing the present

____ Increased connection  ____ Increased sense of personal validity

Describe how the skill helped or did not help you become more mindful:

________________________________________________________________________________________

________________________________________________________________________________________

Describe the situation and how you practiced the skill:

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

Check if practicing this mindfulness skill has improved any of the following, even a little bit:

____ Reduced suffering  ____ Increased happiness  ____ Increased ability to focus

____ Decreased reactivity  ____ Increased wisdom  ____ Increased experiencing the present

____ Increased connection  ____ Increased sense of personal validity

Describe how the skill helped or did not help you become more mindful:

________________________________________________________________________________________

________________________________________________________________________________________

List any and all wise things you did this week:

________________________________________________________________________________________

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