Mindfulness Worksheet

DBT mindfulness: practice one What skill and one How skill each day.

Name _____ Date _____

What skills. Observe: notice without reacting, e.g. 2 minutes of listening to every sound. **Describe:** put words on it, "I notice I'm having the thought that…" **Participate:** do one everyday task with full attention for 5 minutes.

How skills. Non-judgmentally: turn judgments into descriptions. **One-mindfully:** one thing at a time, like a meal without your phone. **Effectively:** ask what would actually help here.

Day	What skill	How skill	Minutes	What I noticed
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Free from DBT Pal (dbtpal.app). For learning and practice between sessions; not a substitute for therapy or crisis support. In the US, call or text 988 in a crisis.

Tick the mindfulness skills you practice on your DBT Pal diary card. The app also has guided meditations. Free for iPhone and Android: dbtpal.app/get?c=pdf-mindfulness