DISTRESS TOLERANCE WORKSHEET 12

(Distress Tolerance Handouts 15, 15a)

Mindfulness of Current Thoughts

Due Date: _____ Name: _____ Week Starting: _____

Describe your efforts to observe your thoughts in the past week. Practice observing thoughts each day at least once. Don't focus just on thoughts that are painful, anxiety-provoking, or full of anger; also observe and be mindful of pleasant or neutral thoughts. For each thought, first practice saying, "The thought [describe thought] went through my mind." Then practice one or more strategies to observe and let go of thoughts.

Check off any of the following exercises that you did.

- ❑ 1. Used words and voice tone to say a thought over and over; as fast as I could; very, very slowly; in a voice different from mine; as a dialogue on a TV comedy show; or as singing.
- ❑ 2. Relaxed my face and body imagining accepting my thoughts as sensations of my brain.
- ❑ 3. Imagined what I would do if I stopped believing everything I think.
- ❑ 4. Rehearsed in my mind what I would do if I did not view my thoughts as facts.
- ❑ 5. Practiced loving my thoughts as they went through my mind.
- ❑ 6. Refocused my mind on sensations I was avoiding by worrying or catastrophizing.
- ❑ 7. Allowed my thoughts to come and go as I focused on observing my breath coming in and out.
- ❑ 8. Labeled the thought as a thought, saying, "The thought [describe thought] arose in my mind."
- ❑ 9. Asked, "Where did the thought come from?" and watched my mind to find out.
- ❑ 10. Stepped back from my mind, as if I was on top of a mountain.
- ❑ 11. Shuttled back and forth between scanning for physical sensations and scanning for thoughts.
- ❑ 12. Imagined that in my mind thoughts were coming down a conveyor belt; were boats on a river; were train cars on a railroad track; were written on leaves flowing down a river; had wings and could fly away; were clouds floating in the sky; or were going in and out of the doors of my mind. (Underline the image you used.)
- ❑ 13. Other:_____

Describe thoughts you were mindful of during the week. State just each thought as it went through your mind.

1. Thought: _____
Describe strategies you used or give numbers from above: _____
Circle how effective was this at helping you be more mindful and less reactive:

1	2	3	4	5
Not effective		*Somewhat effective*		*Very effective*

2. Thought: _____
Describe strategies you used or give numbers from above: _____
Circle how effective was this at helping you be more mindful and less reactive:

1	2	3	4	5
Not effective		*Somewhat effective*		*Very effective*

3. Thought: _____
Describe strategies you used or give numbers from above: _____
Circle how effective was this at helping you be more mindful and less reactive:

1	2	3	4	5
Not effective		*Somewhat effective*		*Very effective*

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