

DBT SKILLS MINDFULNESS OVERVIEW

Mindfulness is a quality of attention, awareness, and presence you bring to every day life.

Mindfulness Skill Sets

What Skills - What you do to be mindful

- Observe
- Describe
- Participate

How Skills – How you do what to be mindful

- Non-judgmentally
 - One-mindfully
 - Effectively
-

OBSERVE

Observing brings you into the present

Steps to observing

- Focus on one thing at a time.
- Notice on the experience without describing it.
- Observe things inside of yourself
- Observe things outside yourself

When a thought comes along

- Just notice it
- Return your attention

Observing inside

- Step back and watch your mind
- See If a thought comes in
- Notice it

DESCRIBE

Describing is putting words to what you notice

- You can describe things outside of yourself
- You can describe things inside of yourself
- You can describe thoughts put them into categories like
 - Worry thoughts
 - Planning thoughts
 - Critical thoughts
- The key is being able to tell the difference between a thought and a fact
- Describe only what you observe
- Do not add to or subtract from what you see
- Do not make interpretations

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PARTICIPATE

Participating is being present fully in whatever activity you are engaging in

- Throw yourself into an activity
- Become one with the activity
- Lose self-consciousness in an activity
- Participating is really hard

HOW SKILLS OVERVIEW

How skills refer to:

- How to Observe
- How to Describe
- How to Participate

How Skills Set

- Non-judgmentally
- One-mindfully
- Effectively

NON-JUDGMENTALLY

Judging is observing a fact and then adding an evaluation of good or bad to it.

Know the distinction between

- Observing and JUDGING
- Observing and DESCRIBING

JUDGING: Mary said something not true on purpose and she is bad for lying

DESCRIBING: Mary said something not true on purpose & there were consequences for lying.

Judging is a shorthand way to describe consequences

- NEGATIVE = "bad"
- POSITIVE = "good"

Judging short hand sometimes confuses the difference between-

- Judging consequences as good or bad
- Judging persons as good or bad

Problems with judgments

- Hard to react to the real world
- Causes unending problem emotions

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Steps for reducing judgments

1. Is it a priority to reduce judging? Do or do I not want to reduce judging?
2. Notice judgments: thoughts, actions, voice tone
3. Monitor judgments by counting them. (Remember; do not judge your judging.)
4. Replace judgments with consequences & know the difference between judgments & facts

ONE-MINDFULLY

One-mindfully means doing ONE thing at a time

- Observe one-mindfully
- Describe one-mindfully
- Participate one-mindfully

What interferes with one-mindfully?

- Not liking the current moment you are in
- When the past and the future get in the way

Three reasons to use one-mindfully

1. More efficient
2. Allows you to live life to the fullest
3. Reduces suffering

EFFECTIVELY

Effectively means doing what works

Steps to being effective – ask yourself

1. What are my goals?
2. What do I need to do to reach them?

What gets in the way of being effective?

1. Wanting to be right
2. Not wanting to make the effort
3. Not focusing on your most important goals