

20-Week Skills Group

MINDFULNESS WEEK 2

Mindfulness “What” Skills



Taking Hold of Your Mind: “What” Skills

OBSERVE

- Notice your body sensations** (coming through your eyes, ears, nose, skin, and tongue).
- Pay attention** on purpose, to the present moment.
- Control your attention**, but not what you see. Push away nothing. Cling to nothing.
- Practice wordless watching:** Watch thoughts come into your mind and let them slip right by like clouds in the sky. Notice each feeling, rising and falling, like waves in the ocean.
- Observe both inside and outside yourself.**

DESCRIBE

- Put words on the experience.** When a feeling or thought arises, or you do something, acknowledge it. For example, say in your mind, “Sadness has just enveloped me,” or “Stomach muscles tightening,” or “A thought ‘I can’t do this’ has come into my mind.”
- Label what you observe.** Put a name on your feelings. Label a thought as just a thought, a feeling as just a feeling, an action as just an action.
- Unglue your interpretations and opinions** from the facts. Describe the “who, what, when, and where” that you observe. Just the facts.
- Remember, **if you can’t observe it through your senses, you can’t describe it.**

PARTICIPATE

- Throw yourself completely into activities of the current moment.** Do not separate yourself from what is going on in the moment (dancing, cleaning, talking to a friend, feeling happy or feeling sad).
- Become one with whatever you are doing**, completely forgetting yourself. Throw your attention to the moment.
- Act intuitively from Wise Mind.** Do just what is needed in each situation—a skillful dancer on the dance floor, one with the music and your partner, neither willful nor sitting on your hands.
- Go with the flow.** Respond with spontaneity.

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.
4. The taste of what you eat and the act of eating.
5. Urges to do something: ___ Urge-surf, ___ notice urge to avoid, ___ notice where in body urge is.
6. Body sensations: ___ Body scan, ___ sensation of walking, ___ body touching something.
7. Thoughts coming in and out of your mind: ___ Imagine your mind as a river, ___ as a conveyor belt.
8. Your breath: ___ Movement of stomach, ___ sensations of air in and out nose.
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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