

DBT Mindfulness Skills Handout

Reference Sheet Handout



DBT SKILLS: MINDFULNESS

WISE MIND

Through Mindfulness, we learn skills that help us manage our behaviors and allow us to accept our emotions and stay in the present moment.

When our minds are governed by our emotions, we call this the **Emotional Mind**. In contrast, when we are able to use facts, figures, or past experiences to process information, we call this our **Logical Mind**.



When we are able to balance both our emotions and use logical reasoning, we have a **Wise Mind**.

The **"WHAT"** skills teach us how to observe, describe, and openly participate in experiences. The **"HOW"** skills teach us how to apply these skills.

WHAT SKILLS

OBSERVE

Through observation, notice your thoughts and feelings without trying to change them. Avoid immediate reactions, and pay careful attention to your surroundings. Notice your breathing or heart rate.



DESCRIBE

Use facts and words to describe how you are feeling, and include any observations.

Example: "I feel nervous about my interview. My heart is beating fast. My palms are sweaty."



PARTICIPATE

Immerse yourself fully in activities. Avoid distractions. Engage in the moment.

Example: When engaging in a self-care activity, (e.g. reading a book), turn off your phone notifications.



HOW SKILLS

NON-JUDGMENTAL

Focus on the facts. Avoid using labels such as **bad, good, weak, awful, unfair, shouldn't, perfect, lazy, etc.** Avoid adding opinions, and be aware of quick judgmental reactions. Focus on describing actual events.



ONE-MINDFULLY

Focus on one thing at a time, and provide your full attention.

Example: When you are talking to a partner, focus your attention on the conversation and avoid multitasking.



EFFECTIVELY

Do what works. Focus on your goals, and act with intention. Minimize being "right" and focus on your improvement.

Example: During a heated argument, listen calmly and hear out the other person's side.



Dbt Mindfulness Handout

Alec L. Miller



Dbt Mindfulness Handout:

DBT Skills Training Handouts and Worksheets , DBT? Skills Training Handouts and Worksheets, Second Edition Marsha M. Linehan,2014-10-21 Featuring more than 225 user friendly handouts and worksheets this is an essential resource for clients in dialectical behavior therapy DBT skills training groups or individual therapy All of the handouts and worksheets discussed in Marsha M Linehan s DBT Skills Training Manual Second Edition are provided together with brief introductions to each module written expressly for clients Originally developed to treat borderline personality disorder DBT has been demonstrated effective in treatment of a wide range of psychological and emotional problems Clients get quick easy access to all needed handouts or worksheets as they work to build mindfulness interpersonal effectiveness emotion regulation and distress tolerance skills The large size format and spiral binding facilitate photocopying Purchasers also get access to a Web page where they can download and print additional copies of the worksheets Mental health professionals see also the author s DBT Skills Training Manual Second Edition which provides complete instructions for teaching the skills Also available Cognitive Behavioral Treatment of Borderline Personality Disorder the authoritative presentation of DBT and instructive videos for clients Crisis Survival Skills Part One Crisis Survival Skills Part Two From Suffering to Freedom This One Moment and Opposite Action all featuring Linehan and DBT at a Glance An Introduction to Dialectical Behavior Therapy featuring Shari Y Manning and Tony DuBose *DBT Skills Training Manual* , **DBT? Skills Training Manual, Second Edition** Marsha Linehan,2014-10-20 Preceded by Skills training manual for treating borderline personality disorder Marsha M Linehan c1993 DBT Skills Training Manual Marsha M. Linehan,2025-08-14 The definitive skills training manual embraced by Dialectical Behavior Therapy DBT practitioners worldwide is now in a revised edition reflecting important shifts in language technology and daily life All skills guidelines and examples have been retained from the bestselling second edition with updates throughout to enhance usability and inclusivity In a convenient 8 1 2 x 11 format the book provides complete instructions for orienting clients to DBT structuring group sessions troubleshooting common problems and tailoring skills training curricula for different settings and populations It offers detailed teaching notes for the full range of mindfulness interpersonal effectiveness emotion regulation and distress tolerance skills and describes how to use the associated handouts and worksheets Handouts and worksheets are not included in this book they can be found in the related volume available separately DBT Skills Training Handouts and Worksheets Revised Edition *DBT? Skills Manual for Adolescents* Jill H. Rathus,Alec L. Miller,2014-11-20 Dialectical behavior therapy has revolutionized cognitive behavioral therapies with constructs such as mindfulness and acceptance now permeating behavioral approaches Adolescents differ from adult clients with regard to emotional and cognitive developmental level and context they overwhelmingly attend school and reside with their families and depend on them for daily functioning including for getting to therapy Thus we considered developmentally relevant as well as family based targets cognitive processing and capability differences distinct liability

issues and interventions with their environments Our adapted adolescent skills handouts are being used in multiple research settings many clinical settings around the world employ some version of our materials The publication of this manual makes them more widely available along with group management strategies and skills teaching notes to assist the DBT skills trainer working with adolescents

DBT Skills Training Handouts and Worksheets Marsha M. Linehan,2025-08-15 The revised edition of this indispensable resource presents the tools clients need to learn and practice any Dialectical Behavior Therapy DBT skill or set of skills Clients get quick access to the materials recommended for a particular skills training program with more than 225 reproducible handouts and worksheets in all In the revised edition handouts and worksheets for each skill are grouped together making the book even easier to use All four DBT skills modules are included mindfulness interpersonal effectiveness emotion regulation and distress tolerance each with a brief introduction written expressly for clients In a convenient spiral bound 8 1 2 x 11 format the book is updated throughout with more inclusive language and changes in technology and daily life

Dialectical Behavior Therapy with Suicidal Adolescents Alec L. Miller,2017-05-19 Filling a tremendous need this highly practical book adapts the proven techniques of dialectical behavior therapy DBT to treatment of multiproblem adolescents at highest risk for suicidal behavior and self injury The authors are master clinicians who take the reader step by step through understanding and assessing severe emotional dysregulation in teens and implementing individual family and group based interventions Insightful guidance on everything from orientation to termination is enlivened by case illustrations and sample dialogues Appendices feature 30 mindfulness exercises as well as lecture notes and 12 reproducible handouts for Walking the Middle Path a DBT skills training module for adolescents and their families Purchasers get access to a Web page where they can download and print these handouts and several other tools from the book in a convenient 8 1 2 x 11 size See also Rathus and Miller s DBT Skills Manual for Adolescents packed with tools for implementing DBT skills training with adolescents with a wide range of problems

The Skills Training Manual for Radically Open Dialectical Behavior Therapy Thomas R. Lynch,2018-02-15 The Radically Open Dialectical Behavior Therapy Skills Training Manual offers a groundbreaking transdiagnostic approach for clients with difficult to treat overcontrol OC disorders such as anorexia nervosa treatment resistant depression and obsessive compulsive disorder OCD Written by the founder of RO DBT and published for the first time this manual offers clinicians step by step guidance for implementing this evidence based therapy in their practice

Cognitive-Behavioral Therapy for PTSD Claudia Zayfert,Carolyn Black Becker,2019-11-18 Acclaimed for providing a flexible framework for individualized treatment of posttraumatic stress disorder PTSD this empathic guide has now been revised and expanded with 50% new material The authors show how the case formulation approach enables the practitioner to adapt CBT for clients with different trauma histories co occurring problems and complicating life circumstances Vivid clinical material illustrates the implementation of exposure therapy cognitive restructuring and supplemental interventions with ample attention to overcoming common obstacles Purchasers get access

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