

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# LINEHAN DBT SKILL

Check off an exercise each time you do one.

- Attended to my breath coming in and out, letting my attention settle into my center.
- Imagined being a flake of stone on the lake.
- Imagined walking down an inner spiral stairs.
- Dropped into the pauses between inhaling and exhaling.
- Breathed "wise" in, "mind" out.
- Asked Wise Mind a question (breathing in) and listened for the answer (breathing out).
- Asked myself, "Is this Wise Mind?"
- Other (describe): \_\_\_\_\_
- Other (describe): \_\_\_\_\_

Describe the situation and how you practiced Wise Mind

How effective was the practice in helping you become centered in your Wise Mind?

Not effective: I couldn't do the skill for even 1 minute. I got distracted or quit

Somewhat effective: I was able to practice Wise Mind and became somewhat centered in my Wise Mind.

Very effective: I became centered in Wise Mind, and was free to do what needed to be done.