

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

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

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

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