

MINDFULNESS WORKSHEET 1 (Mindfulness Handouts 1, 7)

Pros and Cons of Practicing Mindfulness

Due Date: _____ Name: _____ Week Starting: _____

Make a list of the pros and cons of practicing mindfulness skills.
 Make another list of the pros and cons of *not* practicing mindfulness skills.
 Check the facts to be sure that you are correct in your assessment of advantages and disadvantages.

Rate Willingness to Practice (0 = None; 100 = Very High) **Before:** _____ **After:** _____

Fill this worksheet out when you are:

- Trying to decide whether to work on becoming more mindful of the moments in your life.
- Feeling willful; saying no to letting go of emotion mind or extreme reasonable mind.
- Resisting observing the present moment, rather than escaping it or trying to control it.
- Resisting giving up your interpretations of others or yourself, rather than just describing.
- Resisting throwing yourself into the flow of the moment; wanting to stand on the outside.
- Feeling threatened whenever you think of letting go of judgments.
- Not in the mood for being effective instead of proving you are right.

When you are filling out this worksheet, think about these questions:

- Is a mindless life in your best interest (i.e., effective), or not in your best interest (i.e., ineffective)?
- Will refusing to go into Wise Mind solve a problem, or make a new problem for you?
- Is observing the moment without reacting to it immediately likely to increase your freedom, or decrease it?
- Is being attached to your thoughts instead of the facts you can describe useful, or not?
- Is staying judgmental helping you change the things you want to change, or getting in the way?
- Is it more important to be effective, or to be right?

| | | |
|-------------|---|---|
| PROS | Stay Mindless, Judgmental, Ineffective _____ _____ _____ _____ | Practice Mindfulness _____ _____ _____ _____ |
| CONS | Stay Mindless, Judgmental, Ineffective _____ _____ _____ _____ | Practice Mindfulness _____ _____ _____ _____ |

What did you decide to do? _____
Is this the best decision (in Wise Mind)? _____
List any and all wise things you did this week. _____

From *DBT Skills Training Handouts and Worksheets, Second Edition*, by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy this worksheet is granted to purchasers of *DBT Skills Training Manual, Second Edition*, for personal use or use with individual clients only. (See page ii of this packet for details.)