

Dialectical Behavior Therapy

Skills Booklet

Core Mindfulness Skills

What? How?
Observe One-Mindfully
(Just Notice)

Describe Non-Judgmentally
(Just the Facts)

Participate Effectively
(Be in the Flow) (Do what WORKS)

Find Your Wise Mind

1. Take **three deep breaths**.
2. Follow your **breath in all the way**.
3. **Notice it cool** you as you breath in.
4. Breathe out the **heat of reaction**.
5. **Sink into your breath**.
6. Follow Wise Mind to quiet, **calm**.

What does your heart tell you?

Describe to Quiet Emotion Mind

“I have the **thought** that _____.”

“I have the **feeling** of _____.”

“I am aware of a strong **sense** of _____.”

“I notice the **sensation** of _____.”

Do this as long as necessary to quiet emotion.