

Name: _____ Date: _____

DBT MINDFULNESS EXERCISES

Instructions: Put an **X** in the box after you complete each mindfulness exercise.

- 1. I focused on my breathing for one minute.
- 2. I noticed five things I could see around me.
- 3. I listened carefully to the sounds around me.
- 4. I paid attention to how my body feels right now.
- 5. I noticed my thoughts without judging them.
- 6. I named the emotion I was feeling.
- 7. I focused on doing one activity at a time.
- 8. I gently brought my attention back when my mind wandered.
- 9. I accepted my feelings without criticizing myself.
- 10. I stayed present in the moment for at least two minutes.

Reflection:

What did you notice during your mindfulness practice?
