INTEGRATED
treatment solutions

Mindfullness: How Skills

Using the How Skills:

Non-judgmentally

See but DON'T EVALUATE — Just the facts

UNGLUE YOUR OPINIONS from the facts

ACCEPT each moment

ACKNOWLEDGE the helpful, the wholesome — Don't judge it. Acknowledge the harmful, the unwholesome, don't judge it.

When you find yourself judging — DON"T JUDGE THE JUDGING.

One-mindfully

Do one thing at a time — Do each thing with ALL of your attention.

Let go of distractions and go back to what you are doing — again, and again and again.

CONCENTRATE YOUR MIND. If you find yourself doing two things at one time — Go back to one thing

Effectively

Focus on what works. Do what needs to be done in each situation.

Play by the rules.

Act as skillfully as you can, meeting the needs of the situation you are in — Not the situation you wish you were in.

Keep an eye on YOUR OBJECTIVES in the situation and do what is necessary to achieve them

Let go of useless emotion or righteous attitudes that hurt you and don't work.

Copyright © Integrated Treatment Solutions, LLC 2010

Adapted by "Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance", McKay, Wood and Brantley.