

DBT Mindfulness Worksheet

Objective:

To cultivate mindfulness by learning how to observe without judgment, describe your internal experiences, and fully participate in the present moment.

Observe

Situation/Environment	Thoughts	Emotions	Physical Sensations	Notes (Did you react or simply observe?)

Questions & Reflections:

1. **Teflon Mind:** Did you manage to let experiences, feelings, and thoughts come into your mind and slip right out?

Answer:

2. **Acknowledging Discomfort:** Were you able to stay in the present moment even when uncomfortable? What did that feel like?

Answer:

3. **Five Senses:** Did paying attention to the input from your 5 senses enhance your ability to observe? If so, how?

Answer:

Describe

Internal Experience	Description (Words you used)	Was it challenging to stay non-judgmental? (Yes/No)

Questions & Reflections:

1. **Content Awareness:** Were you able to distinguish between thoughts and feelings while describing them?

Answer:

2. **Non-judgmental Language:** Did you catch yourself judging any of your thoughts or feelings? How did you correct that?

Answer:

Participate

Activity	Level of Engagement (1-10)	Wise Mind Vs. Emotion Mind (How did you stay balanced?)

Questions & Reflections:

1. **Being in the 'Now':** Were you able to engage fully in the activities? How did it feel to be completely in the moment?

Answer:

2. **Letting Go:** Were you able to let go of self-conscious thoughts like "How do I look?" or "How am I doing?"

Answer:

Remember, mindfulness is a practice that takes time and patience. The more you engage with these exercises, the more naturally they will come to you. Good luck on your journey to mindfulness!