

Mindfulness for Upsetting Memories DBT Worksheet

Objective

To deal with upsetting memories using mindful meditation.

You Should Know

If you experience recurring memories that are upsetting or disturbing, mindfulness may offer a useful way to handle them. Mindfulness encourages you to focus on accepting rather than fighting the thoughts and feelings that upset you. The idea is to pay attention to the memory without judgment, observing your thoughts, feelings, and body sensations as if you are an outside observer.

What to Do

1. Write down the upsetting or overwhelming memory.

2. Rate how upsetting this memory is to you, where 1 = not very upsetting, and 10 = very upsetting:

3. Practice Mindfulness

- **Step 1:** Consciously think about this memory for about a minute, without judging it as good or bad.
- **Step 2:** Sit comfortably and relax your body, breathing slowly and deeply.
- **Step 3:** Stop consciously thinking about the memory and just “observe” your thoughts, feelings, and body sensations. Be accepting and non-judgmental.

4. Write down your thoughts without censoring them.

5. Rate how you feel following this exercise, where 1 = completely calm, and 10 = very upset:

Reflections on This Exercise

- **What did you notice about using mindful meditation to deal with the upsetting memory?**

- **Was this exercise easy or challenging? Describe.**

- **What can you do to make mindfulness a daily habit? Explain.**

- **How helpful was this exercise?**
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

- **What can you do differently to make progress in this area?**