

DBT Mindfulness “How” Skills

Practice Nonjudgmentally • One-Mindfully • Effectively

NONJUDGMENTALLY

Notice facts and consequences without adding global labels such as “bad,” “stupid,” or “unfair.” Judgments can be noticed as thoughts and then translated into observable facts, preferences, or consequences.

ONE-MINDFULLY

Do one thing at a time with full attention. When attention wanders, notice it and gently return to the present task.

EFFECTIVELY

Focus on what works for your goals and values in the actual situation, rather than on proving who is right or how things “should” be.

DBT Mindfulness “How” Skills — Practice

Use one real situation. Write brief, concrete observations rather than perfect answers.

1. Situation

What happened? Describe only the relevant context.

2. Judgment to fact

Write one judgment you noticed. Then rewrite it as observable facts, preferences, or consequences.

3. One-mindful action

What single task or experience will you give full attention to? What will you do when attention wanders?

4. Effective response

What response is most likely to move you toward your goal, values, safety, or relationship priorities?

5. Reflection

What changed in emotion intensity, urge, or behavior after practicing the skill?

Evidence & safety note

Based on DBT skills training as described by Marsha M. Linehan and Behavioral Tech. A worksheet supports practice but is not comprehensive DBT. If the exercise increases distress, pause and seek appropriate support. In immediate danger or crisis, use local emergency. 3622 544.7.04inches.