

DBT-Based Mindfulness Skills Worksheet

Step 1: Observing the Present Moment

Mindfulness begins with simply noticing what is happening around and within you without trying to change it.

- Pause for a moment. Close your eyes and take three deep breaths. What physical sensations do you notice? _____

- What sounds can you hear in your environment? _____

- What thoughts are passing through your mind? Try to notice them without judgment.

Practice Exercise 1: 5-4-3-2-1 Grounding

- Name **five** things you can see.
- Name **four** things you can touch.
- Name **three** things you can hear.
- Name **two** things you can smell.
- Name **one** thing you can taste.

Practice Exercise 2: Sensory Anchoring

- Find an object nearby (e.g., a stone, piece of fabric, or pen) and hold it in your hand. Focus entirely on its texture, temperature, and weight.
- Close your eyes and spend a full minute simply noticing the object's physical properties.
- How did this exercise impact your awareness of the present moment?

Step 2: Describing Without Judgment

Mindfulness involves putting experiences into words without adding opinions or emotional reactions.

- Think about an emotion you are feeling right now. How would you describe it objectively?

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- Instead of: "I feel terrible and overwhelmed."
- Try: "I feel tension in my chest, and my thoughts are racing."
- Your description: _____

Practice Exercise: Thought Labeling

Write down three thoughts you've had recently and label them either as **a fact or an opinion**:

1. Thought: _____ (Fact/Opinion)
 2. Thought: _____ (Fact/Opinion)
 3. Thought: _____ (Fact/Opinion)
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Step 3: Fully Participating in the Moment

Mindfulness encourages full engagement in the present, letting go of distractions and judgment.

- Describe three activities you often do mindlessly (e.g., eating, walking, brushing teeth).
 1. _____
 2. _____
 3. _____
- Try doing this activity mindfully today. How did it feel different? _____

Exercise: Mindful Breathing

- Take a deep breath in for four counts, hold for four counts, and exhale for four counts.
 - Repeat five times, noticing how your body responds.
 - What did you notice after this exercise? _____

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Step 4: Practicing Radical Acceptance

Mindfulness involves accepting the present moment as it is, even when it is difficult.

- Describe a recent situation that was hard to accept. _____

- How did you respond? Did you resist or accept the reality of the situation?

Exercise: Letting Go of Resistance

- Close your eyes and repeat to yourself: "I accept things as they are right now."
- How did saying this make you feel? _____

Final Reflection and Action Plan

- Which mindfulness skill was the most helpful for you today? _____

- How will you incorporate mindfulness into your daily routine? _____

Adapted from Linehan, M. M. (2014). DBT Skills Training Manual (2nd ed.). Guilford Press.