

DBT Mindfulness Worksheets

1. Find a comfortable and quiet place where you won't be disturbed for a few minutes.
2. Take a few deep breaths, inhaling slowly through your nose, and exhaling through your mouth. Allow your body to relax with each breath.
3. Bring your attention to the present moment and observe your surroundings. Notice the sights, sounds, and sensations around you. Be fully present in this moment without judgment.
4. Now, shift your attention to your body. Start from the top of your head and slowly move down to your toes. Notice any sensations, tension, or discomfort in each part of your body. Simply observe these sensations without trying to change them.
5. As you continue to scan your body, gently bring awareness to any emotions that you may be experiencing. Observe them without judgment, allowing them to come and go like waves in the ocean.
6. Next, turn your attention inward and become aware of your thoughts. Observe the thoughts that arise, without getting entangled in them. Imagine that you're observing them from a distance, as if they are passing clouds in the sky.
7. Bring your attention back to your breath. Focus on the sensation of the breath coming in and going out. If your mind wanders, gently guide it back to the breath, without criticizing yourself.

