

DBT Mindfulness: "How" Skills



These skills describe *HOW* to practice the "What" skills (Observe, Describe, Participate) effectively.

1. Non-judgmentally:

- See reality as it is, without evaluating good/bad, right/wrong, fair/unfair.
- Separate facts from opinions and judgments.
- Acknowledge facts.
- Notice judgments as they arise ("Judgment thought").
- Let go of judgments; replace with description.
- Accept reality (acknowledge what *is*, doesn't mean approve).
- **Why:** Reduces extra suffering caused by judgments, allows clearer perception.

2. One-mindfully:

- Bring full attention to *one thing* in the present moment.
- Opposite of multitasking.
- Give undivided attention.
- When mind wanders, gently notice and redirect back to focus.
- Let go of distractions.
- **Why:** Enhances concentration, reduces stress, improves awareness and engagement.

3. Effectively:

- Focus on achieving your goals skillfully; do what works.
- Act from Wise Mind, not just emotion or willfulness.
- Identify goals in the situation.
- Consider consequences of actions.
- Play by the rules (work within constraints).
- Let go of willfulness (demanding reality be different).
- Use skills appropriate for the situation.
- **Why:** Helps achieve desired outcomes, increases competence and self-respect.