

Toolbox Handout 3: Mindfulness “What” Skills



What are the Mindfulness “What” Skills?

_____ , _____ , _____

What does it mean to mindfully Observe?

Check off items from this list that are observable to you:

- | | | | |
|--|--|---|--|
| <input type="checkbox"/> Other’s Feelings | <input type="checkbox"/> How your body feels | <input type="checkbox"/> Your Worries | <input type="checkbox"/> Your Values |
| <input type="checkbox"/> What others say | <input type="checkbox"/> Other’s Thoughts | <input type="checkbox"/> Your Own Thoughts | <input type="checkbox"/> Future Events |
| <input type="checkbox"/> Your Own Feelings | <input type="checkbox"/> Your Memories | <input type="checkbox"/> Other’s Intentions | <input type="checkbox"/> Other’s Body Language |

Pick something from the above list, and explain why it IS or IS NOT observable:

What does it mean to mindfully Describe?

What does it mean to mindfully Participate?

Self-Reflection: What are some activities you already mindfully participate in?

Self-Reflection: Why is mindfully participating sometimes hard?

What is an activity you think you may enjoy *more*, if you practiced participating mindfully in it?

----- At Home Practice: -----

Check off at least on “What” Skill to practice this week:

Observe

Describe

Participate

Briefly describe your experience of using the skill during the week (include when and where you used it):

Briefly describe whether the skill affected your thoughts, feelings, or behaviors. If so, how?:

If you did not complete this practice exercise, describe why not/what interfered:
