

## Toolbox Handout 4: Mindfulness “How” Skills



What are the Mindfulness “How” Skills?

\_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_

Compare Discriminating and Evaluating Judgements:

**Discriminating:** \_\_\_\_\_ Vs. **Evaluating:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why are Evaluating Judgements sometimes not helpful?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Check off items from this list that are NON-JUDGEMENTAL descriptors:

- |                                 |                                 |                                      |                                   |
|---------------------------------|---------------------------------|--------------------------------------|-----------------------------------|
| <input type="checkbox"/> Fluffy | <input type="checkbox"/> Pointy | <input type="checkbox"/> Delightful  | <input type="checkbox"/> Good     |
| <input type="checkbox"/> Large  | <input type="checkbox"/> Brown  | <input type="checkbox"/> Makes sound | <input type="checkbox"/> Annoying |
| <input type="checkbox"/> Ugly   | <input type="checkbox"/> Bad    | <input type="checkbox"/> Important   | <input type="checkbox"/> Shiny    |

Pick something from the above list, and explain why it IS or IS NOT a judgmental descriptor:

\_\_\_\_\_  
\_\_\_\_\_

What does it mean to do things “One-Mindfully”?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is a reason someone may try to multi-task, and one reason to not multi-task?

**Pro:** \_\_\_\_\_ Vs. **Con:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Self-Reflection: What is an activity in your life that would benefit from more One-mindedness?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Why does Effectiveness matter, and how can it be skillful?**

---

---

---

**Self-Reflection: What are some things that get in the way of acting Effectively?**

---

---

---

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

**Choose an activity that you do multiple times per week (e.g. attending class, a work meeting, eating a meal with a friend or your family):**

---

---

**Participate in this activity as you normally would.**

**Afterwards, reflect on HOW you participated in that activity, and rate this on a scale from 1-10**

1 (Low)



10 (High)

**If not at a 10, what did you notice that showed you that your participation could be improved (Describe)?**

---

---

---

**Choose one of the HOW skills, and describe how using the skill might have changed your participation**

**Non-Judgementally**

**One-Mindfully**

**Effectively**

---

---

---