



Non-Judgmental

- › Take a non-judgmental stance means just that – do not judge things as good or bad, right or wrong.
- › Instead of judging, DBT stresses that we focus on the consequence of our behavior
- › DBT also stresses accurate discrimination and a full description of what is observed

One Mindful

- › Ability to focus the mind (and awareness) in current moment
- › Try not to become distracted by thoughts or images of the past
- › Try to put your worries about the future away and focus on the task at hand
- › Engage in the activity of the moment with your eyes wide open

Effective

- › Do what works
- › Try not to worry about being “right”
- › Focus on the outcome you desire

Practice

Please note below at least 2 examples of how you practiced the Non-Judgmental Stance skill (See, but do not evaluate as good or bad. Collect Just the Facts. Accept each moment like a blanket spread on the beach. Acknowledge the difference between helpful and harmful. Acknowledge your values but don't judge them.)

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Please note below at least 2 examples of how you practiced the One-Mindful Skill (Rivet yourself to NOW. Do one thing at a time. Let go of distractions. Concentrate your mind.)

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Please note below at least 2 examples of how you practiced the Effective Skill (Be mindful of your goals in the situation. Focus on what works, Play by the rules. Act as skillfully as you can. Let go of Willfulness and sitting on your hands.)

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Describe how you believe these skills (with practice) will help you live your life more effectively.

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