

A person wearing a white sweater is sitting and reading a book. The background is softly blurred, showing a light-colored wall and a wooden surface. The overall mood is calm and focused.

DBT Skills Worksheet:
Building your
mindfulness
practice



Instructions:

Mindfulness is a core component of Dialectical Behavior Therapy (DBT) that helps individuals develop awareness, acceptance, and the ability to stay present in the moment. This worksheet is designed to guide you through various mindfulness exercises. Practice these exercises regularly to cultivate a mindful mindset and enhance your emotional well-being.

Exercise 1: Mindful Breathing

1. Find a quiet and comfortable place to sit or lie down.
2. Close your eyes and take a few deep breaths to relax your body.
3. Begin to observe your breath without trying to change it. Pay attention to the sensation of your breath entering and leaving your body.
4. Whenever your mind starts to wander, gently bring your focus back to your breath.
5. Practice this exercise for 5-10 minutes.

Exercise 2: Body Scan

1. Sit or lie down in a comfortable position.
2. Close your eyes and take a few deep breaths.
3. Start by focusing your attention on your feet. Notice any sensations, such as warmth, tingling, or tension. Stay with these sensations for a moment.
4. Gradually move your attention up through your body, scanning each part. Notice any sensations or tension you may encounter without judgment.
5. If you notice any areas of tension, imagine sending your breath to those areas, allowing them to soften and relax.
6. Complete the body scan by focusing on your head and face.
7. Take a few deep breaths and open your eyes when you're ready.



Exercise 3: Five Senses

1. Take a few deep breaths and bring your attention to the present moment.
2. Notice five things you can see around you. Pay attention to the colors, shapes, and details.
3. Identify four things you can feel, such as the texture of your clothes, the warmth of the sun, or the ground beneath your feet.
4. Listen carefully and identify three things you can hear, whether it's the sound of traffic, birds singing, or the hum of appliances.
5. Identify two things you can smell. It could be the scent of flowers, coffee, or even the air around you.
6. Finally, notice one thing you can taste, whether it's the lingering flavor of your last meal or the minty freshness of your breath.
7. Take a moment to appreciate the richness of your sensory experience and how it connects you to the present moment.

Exercise 4: Mindful Walking

1. Find a quiet and safe space where you can walk undisturbed.
2. Begin by standing still and taking a few deep breaths to center yourself.
3. As you start walking, focus your attention on the sensation of your feet touching the ground. Notice the shifting weight, the pressure, and the movement with each step.
4. Pay attention to the sensations in your legs, the movement of your arms, and the rhythm of your breath.
5. If your mind starts to wander, gently bring your focus back to the physical sensations of walking.
6. Engage your senses by noticing the sights, sounds, and smells around you.
7. Walk mindfully for a few minutes, allowing yourself to fully experience each step and the present moment.

Remember, mindfulness is a skill that requires practice. Aim to incorporate these exercises into your daily routine to cultivate a greater sense of awareness, reduce stress, and enhance your overall well-being.

