

CORE MINDFULNESS

HOW SKILLS

WHAT SKILLS

These are distinct activities, meaning you can only do one of them at a time.

Non-judgementally

Observe...non-judgmentally,
one-mindfully & effectively

One-mindfully

Describe....non-judgmentally,
one-mindfully & effectively

Effectively

Participate....non-judgmentally,
one-mindfully & effectively

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adapted from: Linehan, (2015). 'DBT Skills Training Manual, 2nd ed.'

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