



ONE-MINDFULLY

One-Mindfully is a Core Mindfulness skill in Dialectical Behaviour Therapy (DBT).

Doing things One-Mindfully

means:

★ **One thing at a time**

★ **One day at a time**

★ **One step at a time**

★ **Deliberately**

★ **With full attention**

★ **Slowly**

★ **Purposefully**

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



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