

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

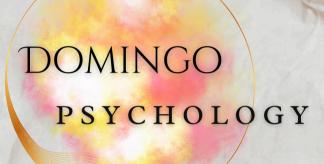
Slowly

Purposefully

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

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