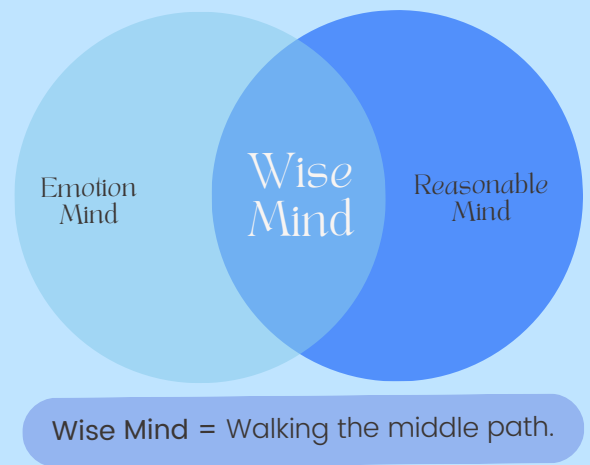


# Journal Prompts For Using **Wise Mind**



- What are the tell-tale signs for me that I am in emotion mind?  
(Write a list)
  
- Bring a situation to mind where you have recently experienced emotion mind. Write out the emotion mind, reasonable mind, and wise mind positions for this situation.
  
- What currently gets in the way of me using wise mind?

# Journal Prompts For Using **WHAT Skills**

OBSERVE

DESCRIBE

PARTICIPATE

- Right now, what can you observe through your senses both within and around you? Notice all the things you can see, hear, and smell, as well as the sensations you can feel throughout your entire body.
- Describe what you can observe within and around you in as much detail as possible. Unglue [interpretations](#) from factual observations.
- What's on my plate today that I can participate fully in?

# Journal Prompts For Using **HOW Skills**

NON-JUDGMENTALLY

ONE-MINDFULLY

EFFECTIVELY

- Try to notice and label any judgmental thoughts you have throughout an entire day.
- In what activities today can I practice one-mindfulness?  
(Making coffee, cleaning the house, walking down the street, etc)
- How can I be mindful of my goals today and what choices will be effective in helping me achieve them?

# Journal Prompts For Using Mindfulness of Emotion

OBSERVE YOUR  
EMOTION

MINDFULNESS OF  
BODY SENSATIONS

YOU ARE NOT  
YOUR EMOTION

PRACTICE NON-  
JUDGMENT

- Observe and describe your emotion: What is the emotion you are experiencing right now? Can you name it? What is its intensity out of 100?
- Can I notice these physical sensations that come with this emotion? Can I stay with those sensations? What do I notice?
- Try to remember some times when you have felt different emotions. Notice if you can sense any other emotions when you turn your attention inwards. Remember that you are not these emotions, you are experiencing them.
- Can I unglue my current judgments of my emotion from the facts of my emotion?

OBSERVE YOUR  
THOUGHTS

ADOPT A  
CURIOUS MIND

YOU ARE NOT  
YOUR THOUGHTS

DON'T SUPPRESS  
THOUGHTS

# Journal Prompts For Using Mindfulness of Thought

- Try to observe the thoughts you are currently experiencing. Label them as they arise.
- Can I notice these physical sensations that come with these thoughts? Can I stay with those sensations? What do I notice?
- In the current moment, try to get curious about your thoughts, urges and where they come from. Label them for what they are. Make a note of a time that you have had different thoughts.
- In the current moment, ask yourself: "What sensations are these thoughts trying to avoid?" What comes up?

# Journal Prompts For Using Mindfulness of Others

OBSERVE

DESCRIBE

PARTICIPATE

- Bring a recent interpersonal interaction to mind. Can you observe the facts of the interaction? What was said? What facial expressions were used? What tones of voice were used? What did you feel and think internally?
- Can you label any judgments, assumptions and interpretations you had of the situation, ungluing them from the factual observations? Try to replace judgments with factual descriptions.
- What strategies can I use next time to keep bringing myself back to the present moment and out of the judgments in my head?

# Journal Prompts For Using Mindfulness Skills

USE THAT  
RESISTANCE

NOTICE YOUR  
JUDGMENTS

HAVE YOUR  
WHY TO HAND

UTILISE DISTRESS TOLERANCE

When you *really* don't want to.

- How does resistance to using Mindfulness Skills feel in my body? Based on my past experiences, why does it make sense that you would feel resistant to trying?
- Describe and label the thoughts you notice right now in relation to using Mindfulness Skills. Unglue **judgments** from factual observations.
- Why did I originally feel like DBT Mindfulness Skills would support me in my recovery? What might I gain by practicing them?
- If my current distress level is so high that I am finding it hard to connect to my wise/rational mind, how can I tolerate this distress in the short-term without making anything worse?

# Mindfulness Skills Journal Template

DESCRIBE SITUATION

MINDFULNESS OF EMOTION

MINDFULNESS OF THOUGHT

UNGLUE JUDGMENTS

OBSERVE & DESCRIBE URGES

IS URGE ACTION EFFECTIVE?

ARE OTHER SKILLS NEEDED?

Sometimes, mindfulness skills alone will be enough to help you unglue your judgments from the facts and move forward effectively.

But, remember, mindfulness skills can also pave the way into other skills when they are needed.

Interpersonal Effectiveness Skills

Emotional Regulation Skills

Distress Tolerance Skills

*Mindfulness underpins all the other DBT skills.  
Come back to these skills over and over again.*