

## Observing, Describing, Participating Checklist

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

Check off mindfulness skills that you use when you use them. You can check each skill up to four times. If you practice a skill more than four times, extend your checks toward the edge of the page, or use the back of the page if needed.

**Practice observing:** Check off an exercise each time you do one.

- 1. What you see: \_\_\_ Watch without following what you see.
- 2. Sounds: \_\_\_ Sounds around you, \_\_\_ pitch and sound of someone’s voice, \_\_\_ music.
- 3. Smells around you: \_\_\_ Aroma of food, \_\_\_ soap, \_\_\_ air as you walk.
- 4. The taste of what you eat and the act of eating.
- 5. Urges to do something: \_\_\_ Urge-surf, \_\_\_ notice urge to avoid, \_\_\_ notice where in body urge is.
- 6. Body sensations: \_\_\_ Body scan, \_\_\_ sensation of walking, \_\_\_ body touching something.
- 7. Thoughts coming in and out of your mind: \_\_\_ Imagine your mind as a river, \_\_\_ as a conveyor belt.
- 8. Your breath: \_\_\_ Movement of stomach, \_\_\_ sensations of air in and out nose.
- 9. By expanding awareness: \_\_\_ To your entire body, \_\_\_ to space around you, \_\_\_ to hugging a tree.
- 10. By opening the mind: \_\_\_ To each sensation arising, not attaching, letting go of each.
- 11. Other (describe): \_\_\_\_\_

**Practice describing:** Check off an exercise each time you do one.

- 12. What you see outside of your body.
- 13. Thoughts, feelings, and body sensations inside yourself.
- 14. Your breathing.
- 15. Other (describe): \_\_\_\_\_

**Practice participating:** Check off an exercise each time you do one.

- 16. Dance to music.
- 17. Sing along with music you are listening to.
- 18. Sing in the shower.
- 19. Sing and dance while watching TV.
- 20. Jump out of bed and dance or sing before getting dressed.
- 21. Go to a church that sings and join in the singing.
- 22. Play karaoke with friends or at a karaoke club or bar.
- 23. Throw yourself into what another person is saying.
- 24. Go running, riding, skating, walking; become one with the activity.
- 25. Play a sport and throw yourself into playing.
- 26. Become the count of your breath, becoming only “one” when you count 1, becoming only “two” when you count 2, and so on.
- 27. Become a word as you slowly say the word over and over and over.
- 28. Throw caution to the wind, and throw yourself into a social or work activity.
- 29. Other (describe): \_\_\_\_\_

**List any and all wise things you did this week:** \_\_\_\_\_

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