## **Balancing Being Mind with Doing Mind**

Due Date	9:	Name:		VV	eek Starting:	
Everyda	y Wise Mind p	ractice: Cl	neck off Wise Mind practice e	xercises e	each time you do one.	
	□□ 1. Wrote out and then read an inspirational writing on mindfulness.					
	□□ 2. Set Wise Mind reminders to remind me to practice mindfulness.					
	□□□ 3. Put written reminders to practice mindfulness in strategic places.					
	4. Made a del activity.	de a deliberate effort to bring moment-to-moment awareness to an everyday vity.				
	5. Focused or	ed on just "this one moment" when I was overwhelmed, frazzled, or scattered.				
	6. Focused av	used awareness on events in my everyday life.				
	7. Focused av	Focused awareness on what needs to be done in my everyday life.				
	8. Acted willing	3. Acted willingly and did what was needed.				
	□□□ 9. Did 3-minute Wise Mind to slow down "doing mind" in my everyday life.					
	10. Other (des	cribe):				
Describe	e one or more	situations	where you balanced being	with doir	ng mind:	
How effe	ctive was the p	ractice in h	elping you find Wise Mind in y	our every	day life?	
I couldn' for even 1	effective: t do the skill minute. I got ted or quit. <b>1</b>	2	Somewhat effective: I was able to practice Wise Mind and became somewhat centered in my Wise Mind.  3	4	Very effective: I became centered in Wise Mind, and was free to do what needed to be done.  5	
Describe	e one or more	situations	where you balanced being	with doir	ng mind:	
How effe	ctive was the p	ractice in h	elping you find Wise Mind in	our every	day life?	
I couldn' for even 1	effective: t do the skill minute. I got ted or quit. <b>1</b>	2	Somewhat effective: I was able to practice Wise Mind and became somewhat centered in my Wise Mind.  3	4	Very effective: I became centered in Wise Mind, and was free to do what needed to be done.  5	
List any	and all wise tl		did this week:			

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