

How to Practice the “How” Skills

DBT: Mindfulness Skills

This worksheet provides multiple ideas and a tracker for practicing the mindfulness “How” skills: nonjudgmentalness, one-mindedness, and effectiveness. For more on the skills, see our [“How” skills handout](#).

Nonjudgmentalness: Ideas for Practicing

Recall that nonjudgmentalness is avoiding evaluations (deciding if something is “good” or “bad”).

- Label judgmental thoughts by saying to yourself, “A judgmental thought just came up.”
- Count your judgmental thoughts.
- Catch judgmental thoughts, then replace them by: stating the facts of the situation or its consequences (just what you can observe with your senses) or your feelings related to the facts (emotions are not judgments).
- Catch your judgmental facial expressions, gestures, and tones of voice and try to change them.
- Write down or tell someone about something you did or a situation that occurred, and your related thoughts and feelings. Focus on describing things you can observe (and remember that you cannot observe someone else’s thoughts, feelings, motivations, intentions, etc.).
- Describe a situation by answering the following questions: who, what, where, when? Do not make analyses or interpretations (the “why” or the “how”).
- Try hard to take someone else’s point of view. What do they think, feel, or hope for? How have their upbringing and life experiences shaped them? Try to do this about someone who angers you.
- Practice [half-smiling or willing hands](#).

One-Mindedness: Ideas for Practicing

One-mindedness is focusing your entire being on one thing at a time.

- Do one activity slowly and with awareness. Notice every detail. Take in every sensation. Dedicate yourself to completing each step fully, with focus and enjoyment. You might try this with:
 - Making tea
 - Cleaning
 - Baking
 - Washing your car
 - Washing dishes
 - Taking a bath
 - Folding laundry
 - Making your bed

Effectiveness: Ideas for Practicing

Effectiveness is doing what works for the actual situation at hand (even if you don’t feel like it).

- When you are angry with someone, pay attention to your behavior urges. What do you feel the urge to do? Would that action be effective for your long-term goals?
- Catch the feeling stubbornness, wanting to be right, or wanting to “win” in an interaction. Pause and check in with yourself. Are you being effective?
- Catch thoughts about unfairness, how things “should” be, or feelings of exasperation or powerlessness. Pause and check in. Are you being effective?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Use this page to record your practice of the “How” Skills.

Which Mindfulness skill did you practice?	Specifically, how did you practice this skill?	Rate how focused you felt on the skill	Any benefits? (e.g., insights; feeling more connected, more present, less reactive) Did you experience any challenges?
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Scan or [click here](#) to learn more about DBT:

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://choosingtherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

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