Observe without Solving - Practice worksheet

Choose an external detail or accessible sensation and observe it briefly without requiring calm or closed eyes.

Adults; supported use as appropriate | 15 minutes

Fictional example: Taylor notices the pattern on a mug while waiting for a meeting.

Use an ordinary or fictional example, with a clinician when appropriate. Mindfulness can begin with noticing one ordinary experience.

Practice task

Choose an external detail or accessible sensation and observe it briefly without requiring calm or closed eyes.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. What did you notice without needing to change it?

4. An optional next step, support, adaptation, or reason to stop:

Scope and adaptation

These are selected DBT-informed educational exercises, not comprehensive DBT, phone coaching, or crisis care. Use individualized clinical assessment and existing care plans. No cold-water immersion, breath holding, intense exercise prescriptions, exposure assignments, or risk scoring are included. Behavior chains and opposite-action decisions need clinician guidance when risk or complexity is present.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Dialectical Behavior Therapy Skills Training: Fundamentals. Full source links and scope: library.morethantherapy.org/approaches/resources/DBT-A03-2