The Mindfulness Corner - Review journal

Review an attempt at the mindfulness corner and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Riley notices three shapes in the room rather than focusing on breathing.

Use an ordinary or fictional example, with a clinician when appropriate. Mindfulness practice can be brief, external, and adapted.

Practice task

Choose a visual detail, sound, or neutral task to notice for a short interval without requiring calm.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What form of attention fits your needs today? My optional adjustment or support request:

Scope and adaptation

An original DBT-informed house metaphor for educational reflection, not an official standardized DBT assessment, diagnostic drawing test, or comprehensive DBT. The maker defines meanings. Offer another metaphor if housing is sensitive, and allow omissions or fiction. Do not interpret rooms, colors, or omissions as evidence of pathology or safety.

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/recovery/resources/DBH-A09-5