The Mindfulness Corner - Practice worksheet

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

Adults; supported use as appropriate | 15 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. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. What form of attention fits your needs today?

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

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-A09-2