

Mindfulness: Taking Control of Your Mind

Observe

JUST NOTICE THE EXPERIENCE: Notice without getting caught in the experience. Experience without reacting to your experience.

Have a **TEFLON MIND:** Allow experiences, feelings, and thoughts to come into your mind and slip right out.

CONTROL your attention, but not what you see. Push nothing away. Cling to nothing.

Be like a guard at a palace gate, **ALERT** to every thought, feeling, and action that comes through the gate of your mind.

Step inside yourself and **OBSERVE.** Watch your thoughts coming and going, like clouds in the sky. Notice each feeling, rising and falling, like waves in the ocean. Notice exactly what you are doing.

Notice what comes through your **SENSES** – your eyes, ears, nose, skin, tongue. See others' actions and expressions.

Describe

PUT WORDS ON THE EXPERIENCE. When a feeling or thought arises, or you do something, acknowledge it. For example, say in your mind, "A thought (name the thought) has come to my mind" or "My chest is tightening" or "I feel sadness".

PUT EXPERIENCES INTO WORDS. Describe to yourself what is happening. Put a name on your feelings. Call a thought just a thought, a feeling just a feeling. Don't get caught in content

Participate

Enter into your experiences. Let yourself get involved in the moment, letting go of ruminating.

BECOME ONE WITH YOUR EXPERIENCE, COMPLETELY FORGETTING YOURSELF.

ACT INTUITIVELY from the wise mind. Do just what is needed in each situation – a skillful dancer on the dance floor, one with the music and your partner, neither willful not sitting on your hands.

Actively **PRACTICE** your skills as you learn them until they become part of you, where you use them without self-consciousness. **PRACTICE.**

1. Changing harmful situations.
2. Changing your harmful reactions to situations.
3. Accepting yourself and the situation as they are.

Adapted from Skills Training Manual for Treating Borderline Personality Disorder by Marsha Linehan. 1993, The Guilford Press.