

Mindfulness

Learning to be in control of your mind instead of letting your mind be in control of you.

THREE PRIMARY STATES OF MIND

REASONABLE	"Cool Part" being rational, logical in dealing with problems. Easy to do when you are feeling good.
EMOTIONAL	"Hot Part" Emotions are in control; they influence / control your thinking and behavior. Emotional mind is more likely to occur when... 1. Feeling ill or not well 2. Decrease sleep or tiredness 3. Drugs and alcohol 4. Hunger, poor nutrition 5. Too many demands
WISE	Blending of reasonable and emotional minds. Gives you peace. You feel good about what is going on.
WHAT SKILLS:	<ul style="list-style-type: none"> ❖ Observe – Increase awareness ❖ Describe – Put into words-just the facts ❖ Participate – practice
HOW SKILLS:	<ul style="list-style-type: none"> ❖ Non-Judgmental ❖ One-Mindfully ❖ Effectively

~Necessary to use especially when learning something new, dealing with a problem, or making a change.

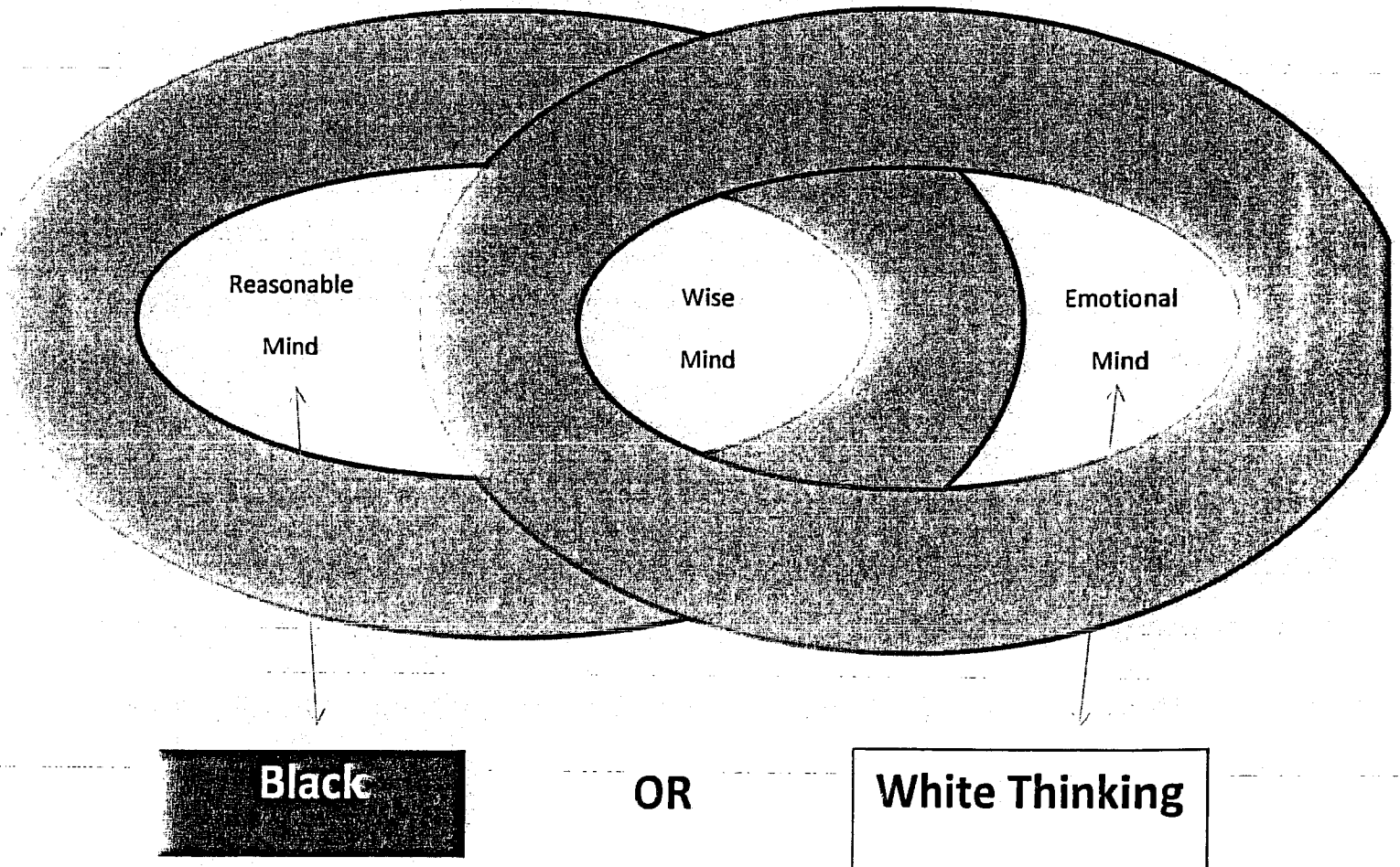
~The only reason we observe and describe is to better understand and to improve things.

MINDFULNESS HANDOUT I

Taking Hold of Your Mind:

States of Mind

Reasonable Mind	Wise Mind	Emotional Mind
Does not acknowledge feelings	Finding Balance	Addictive mind; reacts to emotions
Rigid facts		Thinking distorted due to intense feelings
		Not Rational



**Overview:
Core Mindfulness Skills**

**WISE MIND:
STATES OF MIND**

“WHAT” SKILLS

(what you do when practicing mindfulness):

Observing, Describing, Participating

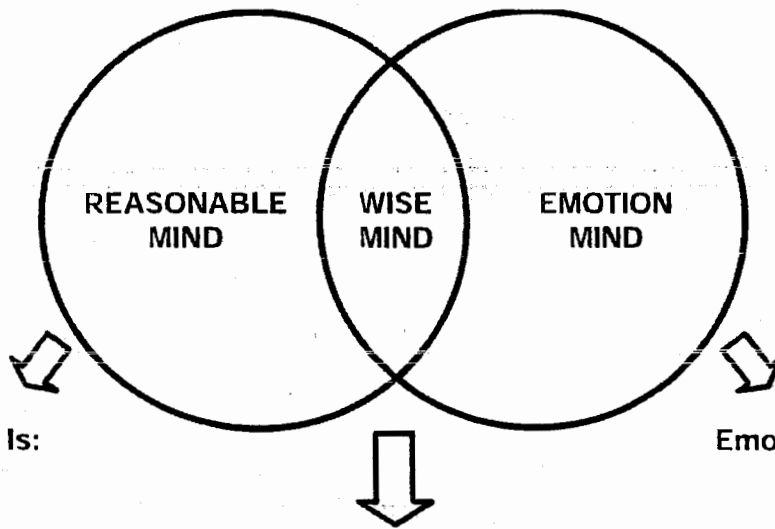
“HOW” SKILLS

(how you practice when practicing mindfulness):

Nonjudgmentally, One-Mindfully, Effectively



Wise Mind: States of Mind



Reasonable Mind Is:

- Cool
- Rational
- Task-Focused

When in *reasonable mind*, you are ruled by facts, reason, logic, and pragmatics. Values and feelings are not important.

Emotion Mind Is:

- Hot
- Mood-Dependent
- Emotion-Focused

When in *emotion mind*, you are ruled by your moods, feelings, and urges to do or say things. Facts, reason, and logic are not important.

Wise Mind Is:

The wisdom within each person

Seeing the value of both reason and emotion

Bringing left brain and right brain together

The middle path



Taking Hold of Your Mind: “What” Skills

OBSERVE

- Notice your body sensations** (coming through your eyes, ears, nose, skin, and tongue).
- Pay attention** on purpose, to the present moment.
- Control your attention**, but not what you see. Push away nothing. Cling to nothing.
- Practice wordless watching:** Watch thoughts come into your mind and let them slip right by like clouds in the sky. Notice each feeling, rising and falling, like waves in the ocean.
- Observe both inside and outside yourself.**

DESCRIBE

- Put words on the experience.** When a feeling or thought arises, or you do something, acknowledge it. For example, say in your mind, “Sadness has just enveloped me,” or “Stomach muscles tightening,” or “A thought ‘I can’t do this’ has come into my mind.”
- Label what you observe.** Put a name on your feelings. Label a thought as just a thought, a feeling as just a feeling, an action as just an action.
- Unglue your interpretations and opinions** from the facts. Describe the “who, what, when, and where” that you observe. Just the facts.
- Remember, **if you can’t observe it through your senses, you can’t describe it.**

PARTICIPATE

- Throw yourself completely into activities of the current moment.** Do not separate yourself from what is going on in the moment (dancing, cleaning, talking to a friend, feeling happy or feeling sad).
- Become one with whatever you are doing**, completely forgetting yourself. Throw your attention to the moment.
- Act intuitively from 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 nor sitting on your hands.
- Go with the flow.** Respond with spontaneity.



Taking Hold of Your Mind: “How” Skills

NONJUDGMENTALLY

- See, but don’t evaluate as good or bad.** Just the facts.
- Accept each moment like a blanket spread out on the lawn,** accepting both the rain and the sun and each leaf that falls upon it.
- Acknowledge** the difference between the helpful and the harmful, the safe and the dangerous, **but don’t judge them.**
- Acknowledge** your values, your wishes, your emotional reactions, **but don’t judge them.**
- When you find yourself judging, **don’t judge your judging.**

ONE-MINDFULLY

- Rivet yourself to now.** Be completely present to this one moment.
- Do one thing at a time.** Notice the desire to be half-present, to be somewhere else, to go somewhere else in your mind, to do something else, to multitask—and then come back to one thing at a time.
 - When you are eating, eat.
 - When you are walking, walk.
 - When you are worrying, worry.
 - When you are planning, plan.
 - When you are remembering, remember.
- Let go of distractions.** If other actions, or other thoughts, or strong feelings distract you, go back to what you are doing—again, and again, and again.
- Concentrate your mind.** If you find you are doing two things at once, stop—go back to one thing at a time (the opposite of multitasking!).

EFFECTIVELY

- Be mindful of your goals in the situation,** and do what is necessary to achieve them.
- Focus on what works.** (Don’t let emotion mind get in the way of being effective.)
- Play by the rules.**
- Act as skillfully as you can.** Do what is needed for the situation you are in—not the situation you wish you were in; not the one that is fair; not the one that is more comfortable.
- Let go of willfulness and sitting on your hands.**

Ideas for Practicing Nonjudgmentalness

Leaving out comparisons, judgments, and assumptions:

1. Practice observing judgmental thoughts and statements, saying in your mind, “A judgmental thought arose in my mind.”
2. **Count judgmental thoughts and statements** (by moving objects or pieces of paper from one pocket to another, by clicking a sports counter, or by marking a piece of paper).
3. Replace judgmental thoughts and statements with nonjudgmental thoughts and statements.

Tips for replacing judgment by stating the facts:

1. **Describe the facts** of the event or situation—*only* what is observed with your senses.
2. **Describe the consequences** of the event. Keep to the facts.
3. **Describe your own feelings** in response to the facts (remember, emotions are not judgments).
4. **Observe your judgmental facial expressions, postures, and voice tones** (including voice tones in your head).
5. **Change judgmental expressions, postures, and voice tones.**
6. Tell someone what you did today nonjudgmentally, or about an event that occurred. Stay very concrete; only relate what you observed directly.
7. **Write out a nonjudgmental description** of an event that prompted an emotion.
8. Write out a nonjudgmental blow-by-blow account of a particularly important episode in your day. Describe both what happened in your environment and what your thoughts, feelings, and actions were. Leave out any analysis of why something happened, or why you thought, felt, or acted as you did. Stick to the facts that you observed.
9. Imagine a person you are angry with. Bring to mind what the person has done that has caused so much anger. Try to become that person, seeing life from that person’s point of view. Imagine that person’s feelings, thoughts, fears, hopes, and wishes. Imagine that person’s history and what has happened in his or her history. Imagine understanding that person.
10. When judgmental, **practice half-smiling and/or willing hands.** (See Distress Tolerance Handout 14: Half-Smiling and Willing Hands.)
11. Other: _____

Ideas for Practicing Effectiveness

1. Observe when you begin to get angry or hostile with someone. Ask yourself, "Is this effective?"

2. Observe yourself when you start wanting to be "right" instead of effective. Give up being "right" and switch to trying to be effective.

3. Notice willfulness in yourself. Ask yourself, "Is this effective?"

4. Drop willfulness, and practice acting effectively instead. Notice the difference.

5. When feeling angry or hostile or like you're about to do something ineffective, practice willing hands.

6. Other: _____