

Mindfulness HW!  
Date: July 7<sup>th</sup>  
Observe Describe!

## Let's Talk about Observe Describe! P.53

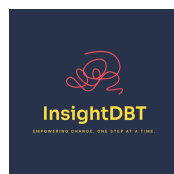
Observe, Describe (Participate): is a Mindfulness skill found in our awesome DBT skills Book. We use observe describe to help us stay grounded to the facts of the situation and try to detach from the subjective interpretations that can cause us to get more emotional and more in the **RED ZONE**.

Please practice observe describe in your daily life; you can use it in regular non-emotional situations, stressful interpersonal interactions, on a walk, anywhere, and anytime. Usually practicing any skill in a non-crisis situation is best if it can be done so first to get an understanding and a flavor for the skill.

Lastly, Participate is the step of this skill where after observing and describing your experiences, you throw yourself into the situation. Imagine this step's unofficial directions are as followed:

"You observed and described the situation probably with the intention of not choosing an unhealthy path of behavior or response in this situation. How now, with **CLEAR EYES and MIND**, are you going to throw yourself into the situation?"

See next page for write in portion:  
Feel free to reach out to your group leader for any help!



Situation:

What did I observe and describe?:

Fill in all applicable:

Sight:

Sound:

Taste:

Feeling on the skin or body:

Smell:

What feeling were you feeling:

How did you participate:

Situation:

What did I observe and describe?:

Fill in all applicable:

Sight:

Sound:

Taste:

Feeling on the skin or body:

Smell:

What feeling were you feeling:

How did you participate:

Situation:

What did I observe and describe?:

Fill in all applicable:

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What feeling were you feeling:

How did you participate: