

DBT MINDFULNESS OF CURRENT EMOTIONS



WHAT IT MEANS (The Skill):

↳ **OBSERVE** feelings without immediately acting

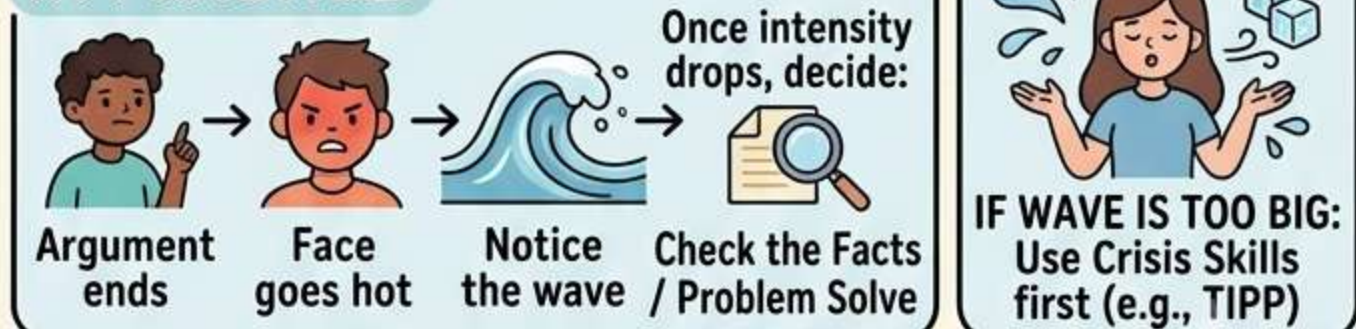
↳ Don't fight it or feed it (shove away vs. amplify)

↳ **EMOTION LIKE A WAVE:** Rises, peaks, & changes on its own

HOW TO DO IT (Observe the Wave):

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NAME IT:
Label the emotion plainly. (e.g., "This is anger.")
- 
NOTICE YOUR BODY:
Observe physical sensations (e.g., heat, pressure).
- 
INTENSITY (0-10):
Don't force the number down.
- 
NOTICE URGES WITHOUT ACTING:
(e.g., feel like texting, but don't.)
- 
COME BACK TO PRESENT:
Keep noticing until the emotion shifts.
- 
RATE INTENSITY (0-10):
Don't force the number down.

IN PRACTICE:



Related DBT Skills: WISE MIND, WILLING HANDS & HALF SMILE

