

Mindfulness Attitudes and Skills

- 1. Non-judging:** Be an impartial witness. Notice just the facts, not “good” or “bad.” Don’t judge your judging!
- 2. Patience:** Things unfold in their own time. Avoid rushing through one moment to get to another.
- 3. Beginners Mind:** Be open to new possibilities. Avoid getting stuck in the rut of the expert.
- 4. Trust:** Develop a trust in yourself – trust your gut and honor your feelings. Avoid imitating or following someone just because they are a “leader” or “expert”
- 5. Non-striving:** Notice and accept things as they are. Avoid being goal-oriented.
- 6. Acceptance:** See things as they actually are in this moment. Avoid denial and resistance of what is.
- 7. Letting Go:** Cultivate an attitude of non-attachment. Let things be, accept reality as it is in this moment.
- 8. Observe:** Notice what is – thoughts, feelings, sensations, inside and outside yourself. Avoid ruminating, preoccupation and distraction.
- 9. Describe:** Put words onto your experience
- 10. Participate:** Be completely absorbed in what you are doing. 100% in the moment!
- 11. One-Mindful:** Do one thing at a time. Sustained attention on the present moment.
- 12. Turn The Mind:** Return the mind, again and again. When distracted, notice, and re-focus attention.
- 13. Effective:** Focus on what works, build your skill. Don’t cut your nose off to spite your face!
- 14. Intentionality:** Commit to participating, and do it on purpose.

From:

Kabat-Zinn, PhD, J., & Santorelli, EdD, MA , S. F. (2014). Mindfulness-based stress reduction (MSBR): Standards of practice. Retrieved from THE CENTER FOR MINDFULNESS IN MEDICINE, HEALTH CARE, AND SOCIETY UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL website:

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