

Practicing Mindfulness

SKILLS	DESCRIPTION	QUESTIONS TO ASK	YOUR RESPONSE
Observe	<p>Observing is about what you see, taste, smell and hear. There are positives or negatives, no associated thoughts.</p> <p>Observing is sensing or experiencing without describing or labeling the experience.</p>	What are the thoughts you are observing?	
Describe	<p>Describing is simply putting words to what you observe. It is labeling the experience without judgment—the Who? The What? Where? The When? But never the "Why?"</p>	How would you label your thoughts without adding a value label to it? What are your alternative thoughts?	
Participate	<p>Participating is entering wholly into an activity. It is throwing yourself into something completely. Let yourself get lost in the moment.</p>	How can you Participate in your alternative thought?	