

Week 4 Practice Exercises

1. Notice conversations.

- Notice your mindfulness skills:
 - What (observe, describe, participate)
 - How (non-judgmentally, one-mindfully, effectively)
 - What cues/habits (mental/physical) help you be ready for conversations?
- Notice your state of mind. Notice the other person's state of mind.
- Notice any basic assumptions used.
- Notice any validation used.
- Notice being less judgmental
- What was your priority/purpose - objective, relationship, or self-respect?
- What got in the way of you being skillful?

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2. Practice Distress Tolerance Skills
3. Practice Emotion Regulation Skills.
4. Bring an example of an ask to work through a DEAR MAN GIVE FAST. We will need your examples for group work.
5. Register for Skills in Action 