(Mindfulness Worksheets 2–2c, 3)

Overview: Core Mindfulness Skills

WISE MIND:

STATES OF MIND

"WHAT" SKILLS

(what you do when practicing mindfulness):

Observing, Describing, Participating

"HOW" SKILLS

(how you practice when practicing mindfulness):

Nonjudgmentally, One-Mindfully, Effectively

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