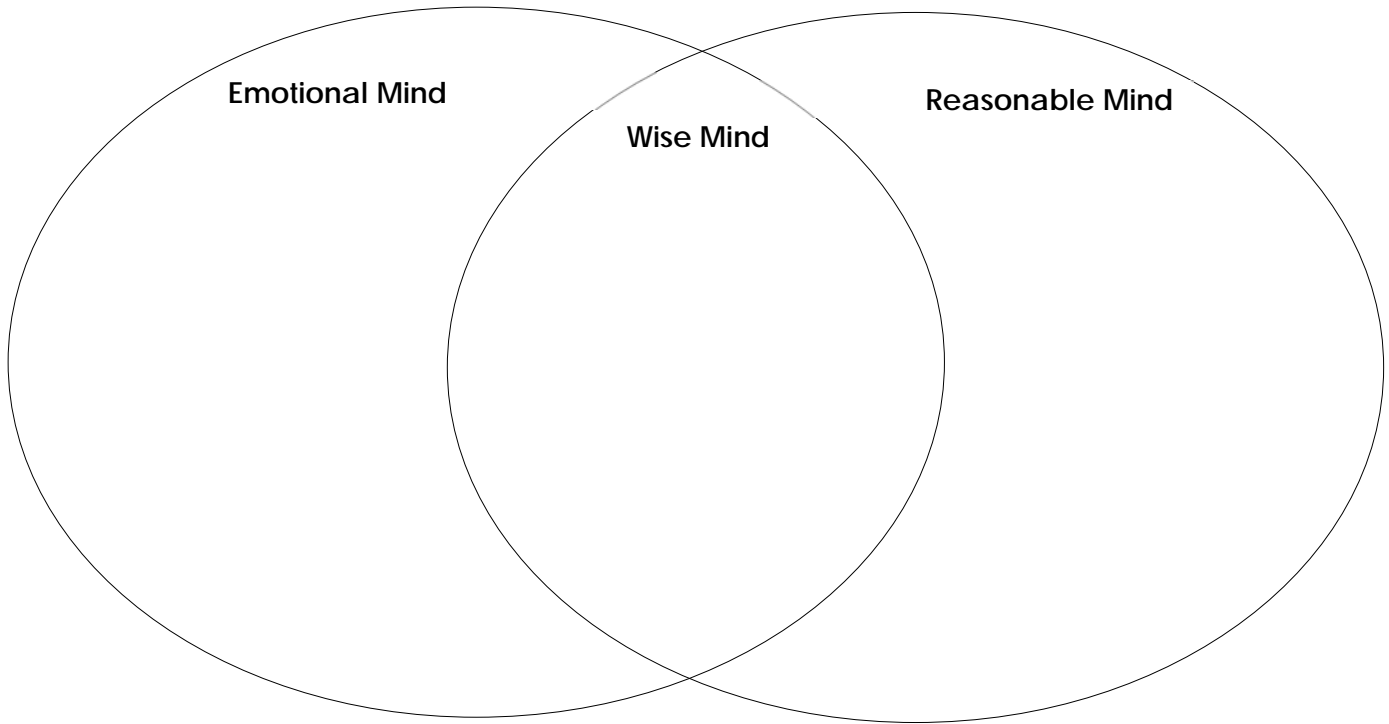


Name _____ DBT Therapy



Mindfulness

DIRECTIONS: Observe yourself inhabiting each state of mind. Describe your emotions, thoughts, and behaviors associated with each state.



Emotional Mind	Wise Mind	Reasonable Mind