

# Dialectical Behavior Therapy (DBT) Tools

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<https://dbt.tools/mindfulness/index.php>

DBT is a therapy program created to help clients who struggle with depression and anxiety. DBT is based on the Biosocial Theory and is intended to help those who are highly sensitive to their environment, are highly reactive to events, often become overwhelmed with emotion, and are slow to return to calm.

### **Mindfulness Skills**

Being mindful is a way of living awake with our eyes wide open. The act of consciously focusing the mind in the moment without judgment or attachment. It is the practice of bringing the mind back to the current moment over and over again. Meditation is a form of mindfulness.

### **Wise Mind Skill**

A person using Wise Mind uses some input from both the Emotion Mind and some input from Logic Mind and then adds intuitive knowing. This person focuses on getting things done effectively and the focus is on the experience.

### **Emotion Mind**

A person is in Emotion Mind when their emotions are in control. Logical or reasonable thinking is not present. They seem out of control. They may report feeling overwhelmed, stuck, or confused and simply cannot find a resolution or a way to move forward.

### **Logic Mind**

A person in Logic Mind seems calm, cool, and collected. They approach a situation with knowledge intellectually. They are thinking logically or rationally. They pay attention to the facts and ignore emotions. They are practical and cool in developing a plan. Decisions and actions are controlled by logic.

### **Wise Mind**

A person using Wise Mind uses input from both Emotion Mind and from Logic Mind; and adds intuitive knowing. This person focuses on getting things done. Their focus is on the experience.

## Types of Mindfulness:

### **Opening the Mind**

- The practice of observing or watching whatever comes into awareness without holding onto or pursuing whatever happens to enter. It is the simple noticing thoughts, emotions, and sensations.

### **Focusing the Mind**

- Involves focusing attention on specific internal or external events. For example: one can focus on deep breathing.