

CORE MINDFULNESS SKILLS
STATES OF MIND

REASON/LOGIC MIND (Cool, Rational, Task-Focused)	WISE MIND Balancing reason & emotion The Middle Path	EMOTION MIND (Hot, Mood-Dependent, Emotion-Focused)
DEFINITION: The extreme of reason and is not balanced by emotions and values. It is the part of you that plans and evaluates things logically. When completely in reasonable mind, you are ruled by facts, reason, logic, and pragmatics. Emotions, such as love, guilt, or grief, are irrelevant. Values and feelings are not important.	DEFINITION: Inner wisdom that each person has Ability to identify and use skillful means for attaining valued ends. Ability to access and apply knowledge, experience, and common sense to situations	DEFINITION: The state of mind when emotions are in control and are NOT balanced by reason. Emotions control thinking and behavior. It is ruled by moods, feelings, and urges to do or say things. Facts, reason and logic are not important. Emotion mind is what occurs when emotions are in control at the expense of reason.
BENEFITS: Without it, people could not: build homes, roads, or cities; follow instructions; solve logical problems, do science, or run meetings.	BENEFITS: Integrates the opposites: reason mind and emotion mind. Adds intuitive knowing to emotional experiencing and logical analysis.	BENEFITS: People with intense emotions are often passionate about people, causes, beliefs.
PURPOSE: Reason is the part of you that plans and evaluates things logically. It is your cool part.	PURPOSE: To find the synthesis of what is felt and what is thought to be true. What do you KNOW to be true?	PURPOSE: Emotion mind is the cause of feats of courage or compassion— it helps a person overcome great danger or act on great love. It is your hot part.
PROBLEMS: Reasonable mind is cold and dismissive of emotions, needs, desires, and passion. It is hard to make and keep friends if you are only in reasonable mind. Relationships require emotional responses and sensitivity to others' emotions. When you ignore your own emotions and treat other people's emotions as unimportant, it is hard to maintain relationships in families, with friends, or in work environments.	Wise Mind depends on a full cooperation of all ways of knowing: Observation Logical Analysis Kinetic & Sensory Experience Behavioral Learning Intuition	PROBLEMS: Problems occur when emotions are ineffective and control us. Emotions are ineffective when the results are positive in the short term but highly negative in the long term, or when the emotional experience itself does not fit the facts of our lives and is very painful, or when it leads to other painful states and events. VULNERABILITY FACTORS: Illness, lack of sleep, drugs/alcohol, hunger, bloating, overeating, poor nutrition, stress, threats
	WISE MIND EXAMPLES: Calm after the storm Getting to the heart of the matter Seeing or knowing something clearly Seeing the whole picture A feeling from deep within The center of inner calmness Peace, free from conflict	
EFFECTS: Logic is in control. Tasks or facts may cause neglect or ignoring loved ones or relationships. Insensitivity, lack of empathy may exclude tending to relationships or emotional needs.	PRACTICING WISE MIND: Handout 3A <ol style="list-style-type: none"> 1. Stone flake on the lake 2. Walking down the spiral stairs 3. Breathing 4. Asking a wise mind question 5. Attending to breath 6. Expanding awareness 7. Dropping into the pauses between inhaling & exhaling 	EFFECTS: Emotions are in control. Shut down, become robotic, may dissociate and appear very, very calm, may isolate themselves, staying very quiet. OR have explosive emotions, yelling, cussing, reacting impulsively without logic.

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WHAT SKILLS

OBSERVE	DESCRIBE	PARTICIPATE
Pay attention, on purpose To the present moment	Label what you observe <u>with your senses</u> . If you can't observe it, you can't describe it!	Become one with whatever you are doing. Throw your attention to the moment
USE YOUR SENSES: Sight, Sound, Smell, Touch, Taste Observe both Inside & Outside yourself Notice BODY SENSATIONS Control your ATTENTION, but not what is seen Practice Wordless Watching Focus the mind on objects, activities or events Open the mind by watching whatever comes to mind	Describe only what you can observe with your senses Stick to the facts: WHO WHAT WHEN WHERE	WHOLE SELF ENTER into the EXPERIENCE
Sight: Notice the details of what is around you. Be mindful of what is visually pleasing to you. Watch what you see.	Describing distinguishes observations from judgments or thoughts and allows others to validate or correct our perceptions.	Be completely immersed in the activity of the current moment.
Sound: Listen to sounds around you or notice the silence. Close your eyes, be still, and hear what is happening in your environment. Notice pitch and volume of voices, and sounds	Put words on the experience.	Go with the flow.
Smell: Close your eyes and breathe the aroma in, choosing to linger on the smell. Inhale the smell of cooking or baking and your food before eating it or without eating it. Smell food, nature, the air, the smells in your environment.	Label what you observe. Name feelings. Label a thought as a thought, a feeling as a feeling, an action as an action	Respond in wise mind.
Touch: Notice your body in connection to the chair, floor, earth, clothing. Notice textures, quality, surfaces, temperatures, consistencies, essence, flexibility, fibers, structure, fineness, coarseness, grit, weave, etc.	Recognize interpretations, assumptions, judgments and opinions and let them go. Unglue interpretations and opinions from the facts.	Do just what is needed in each situation
Taste: Eat or drink with your full attention. Notice flavor, temperature, tang, appetite, response of your taste buds. Experience the medley of flavors.	Remember you can't observe other people's thoughts, motivations, intentions or feelings. If you can't observe it with your 5 senses, you can't describe it.	Become one with whatever you are doing, completely forgetting yourself. Throw your attention to the present moment.
Urges: Notice your urges to do something. Urge surf, notice your urge to avoid, notice where in the body your urge is at		Act intuitively from Wise Mind.
Body Sensations: Observe the tension and softness in the body. Observe the connection of your body to the earth	Describe: Thoughts in your mind An object in your space Sensations in your body Sounds in the room Your hands or feet Your breath Your feelings	Participate: Dance Sing Listen Run Play a sport Play an instrument Whistle Perform Talk
Thoughts: Notice thoughts coming in and out of the mind. Imagine thoughts as cars on a train, leaves on a stream, clouds in the sky, or waves in the ocean as they come and go.		
Breath: Notice the movement of the stomach, sensations of air in and out of your nose, the pace of your breath		

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HOW SKILLS

How to mindfully observe, describe and participate:

Nonjudgmentally Describe reality as “what is” without adding evaluations of “good/bad” to it.	One Mindfully Do one thing at a time, with full awareness, with your whole self	Effectively Doing what works to achieve a goal
Let go of judgments that evaluate as good and bad Keep judgments that discern and see consequences Accept each moment like a blanket on the lawn Acknowledge the difference between helpful & harmful Acknowledge values, wishes, and emotional reactions	The past is over; it does not exist in the present. The future has not occurred. We can get lost in ruminating about the past or future and lose out in the present.	Know the goal or objective in the situation
JUDGMENTS THAT DISCERN: Analyze, compare, contrast, identifies if objects meet a standard or if something fits the facts. Judge, jeweler, produce manager, etc. Discerning water is deep enough before cliff jumping, safety hazards, quality, freshness, etc. These are based in factual reality.	Be completely present in this one moment. Adding pain to the moment from the past or the future creates suffering.	Know and react to reality. Make sure you are not responding to “shoulds”, judgments, interpretations or assumptions.
Keep judgments that discern	Multi-tasking is inefficient	Know what works
JUDGMENTS THAT EVALUATE: Judges something or someone as “good or bad”, “worthwhile or not,” “valuable or not.” These are subjective. They are based on opinions, personal values and ideas in our minds, or culture. They are not part of factual reality. They can be different depending on the observer. “Sushi is good/bad.” “My boss is lazy.”	Be present to personal experiences by immersing whole self in the moment. Be aware of our feelings, sensations, thoughts, movements, and actions.	Evaluate what will and won’t work in a given scenario. Think about options and consequences before reacting. Be open and aware to changes and experiences.
Let go of evaluations of people, their behavior and events as “good/bad, lazy, stupid, worthless/worthy, etc.”	Maintain the awareness of the present moment, letting go of thoughts about the past or future	Understand people, their cultural perspectives, etc.
Replace evaluations with simple descriptions of what is. The bed isn’t made vs. my partner is lazy.	Do only one thing at a time	Play by the rules especially if we don’t have authority in the situation or context.
Let go of “should” (or could/would). Let go of personal demands of how the world “should” be and what we want things to be. Accept things as they are.		Understand your principles and values that drive yours and other’s behavior. Ask questions or get more information if necessary.
Replace “should” with descriptions of feelings, or desires. “I want this to be different.” I want to be different.”		Practice and learn from experience.
Acknowledge that everything has a cause. Try to understand the causes. Describe what is.		
State preferences. Identify potential consequences using observe and describe.		
Don’t judge judging.		