

MINDFULNESS HOMEWORK 2

Getting Into Wise Mind

Week 1: Please check off the "What Skills" you have practiced during the week then answer the statements below.

Week 2: Please check off the "What Skills" and "How Skills" you have practiced during the week then answer the statements below.

What Skills

- _____ Observe
- _____ Describe
- _____ Participate

How Skills

- _____ Non-Judgmentally
- _____ One Mindfully in the Moment
- _____ Effectively (Doing what works)

Briefly describe your experiences using each skill during the week (include when and where you used them):

Briefly describe how using the skills affected your thoughts, feelings or behaviors:

If you did not complete the homework exercises, please explain why not or what interfered:
