

**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

Marsha Linehan Skills Training Manual Core Mindfulness

JL Elias



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