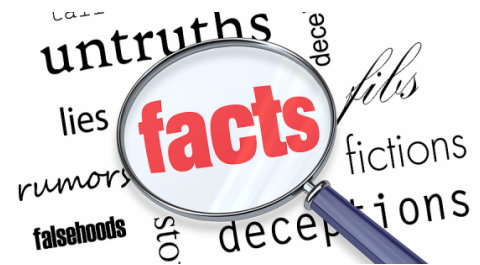


MINDFULNESS PRACTICE #8

Title: Dialectical Behavior Therapy Interpretation Mindfulness

Skills: Model of Emotions or Check the Facts

From: Kate Comtois, Ph.D., MPH



1. First person names an event

Example: "there was a traffic tie up on the way to group"

2. Second person gives an interpretation of the event

Example: "someone was driving and texting" and then names the emotion that goes with the interpretation (anger)

3. Third person gives a different interpretation of the event and its emotion

Example: "the person was hurrying home to family" and then names the emotion that goes with the interpretation (sadness)

4. Fourth person gives another interpretation of the event and emotion
5. Fifth person starts over with a new event
6. Keep going around the circle for a period of time.