



"HOW" SKILLS



1 NONJUDGMENTALLY



What it is

Viewing your experience neutrally, resisting the urge to label it as "good" or "bad"



What it's not

Labeling your experience or trying to change it, cling to it, or push it away



PRACTICE

Approach your experience with a neutral stance, noticing without judging.



Example: "I notice I am feeling angry. I can tell that I want to convince my partner I'm right."



2 ONE-MINDFULLY



What it is

Taking in experiences one at a time, ignoring distractions



What it's not

Trying to multitask or attend to all your experiences at once



PRACTICE

Move slowly through one experience at a time, accepting each one as it is.



Example: You pause and focus on what your partner is saying. You let them know you need a break to collect your thoughts. You slowly assess your experience, one thought and feeling at a time.



3 EFFECTIVELY



What it is

Understanding what you need to do to reach your goals in a situation, giving up the need "win" or be right



What it's not

Being stubborn and letting your pride get in the way of doing what works



PRACTICE

Set an intention and follow through. Take the long view, thinking about what would actually help, rather than being reactive or impulsive.



Example: Your goals for the argument are to end it peacefully and mend the relationship with your partner. Though you recognize an urge to prove you're right, you shift your focus to achieving your goals.

MINDFULNESS REMINDERS



Be patient.

Mindfulness is a skill that takes practice.



Be kind.

Treat yourself with compassion as you learn.



Be consistent.

Small, regular practice leads to big changes.



Be present.

This moment is all you ever have.



Be you.

There is no "perfect" way to be mindful.