

TAKE CONTROL

You Command

This is your mind. Stop reacting and begin living life according to who you want to be.

Full Awareness

You hold the possibility of becoming aware of the present moment without judgement or trying to change it.

Attentional Control

Focus on what is right in front of you. The only real moment is the here and now.

What is Mindfulness?

[\ˈmɪnd-fuh l-nɪs]

noun

1. Mindfulness is paying attention what is going on in my head right now without being carried away by it.

Observe

Be aware of what is going on in the here and now. The past and the future only exist as thoughts occurring in the present. Don't get stuck on autopilot and go through moments in your life without really experiencing them. Remember, this moment is all we have.

Describe

Describe the situation on its own terms for what it truly is. Think police report. Subjective interpretations are messy and will make you more prone to falling into thinking traps. For example, instead of saying, "That person has an attitude!" I could say, "She rolled her eyes and did not respond to my questions."

Experience

If you are going to do something, give yourself permission to do it all the way. That means get into the zone! Even when you experience negative emotions you give yourself permission to feel it in full without trying to push it away. Remember resistance makes the emotions stronger and typically putting us in situations where we make emotionally driven decisions.

How to be Mindful

Don't Judge

That means that you notice things but don't evaluate as good or bad. Stick to the observable facts of the situation, using only what is observed with your senses. Acknowledge the harmful and the helpful, but don't judge it. For example, replace "He's a jerk" with "He walked away while we were talking." Remember you can't go through life without making judgments; your goal is to catch and replace them with descriptions so you have more control over your emotions. When you find yourself judging, don't judge your judging.

Stay Focused

One-mindfully: Focus your attention on only one thing in this moment. Slow yourself down to accomplish this. Stop doing two things at once (the opposite of multitasking). Concentrate your mind: Let go of distractions and refocus your attention when it drifts, again and again. Stay focused so that past, future, and current distractions don't get in your way.

Do What Works

Be effective: Focus on what works to achieve your goal. Don't let emotions control your behavior; cut the cord between feeling and doing. Play by the rules (which may vary at home, school, work). Act as skillfully as you can to achieve your goals. Let go of negative feelings (e.g., vengeance and useless anger) and "shoulds" (e.g., "My teacher should have. . .") that can hurt you and make things worse.

RADICAL ACCEPTANCE

Radical means *all the way or completely*. It means to accept the situation with your mind, your heart, and your body. It involves stopping your fight with reality because things are not the way you want them to be. This does not mean that you have to approve, love, or be passive towards the situation. It does mean that you have to let go of bitterness.

Acceptance means allowing our thoughts and feelings to be as they are, regardless of whether they are pleasant or painful; opening up and making room for them; dropping the struggle with them; and letting them come and go as they naturally do. Remember, rejecting reality does not change reality. Change itself requires accepting reality first.

Pain + Non-Acceptance = Suffering

Willfulness is refusing to tolerate a situation or giving up because it is hard. It is trying to change situations that cannot be changed. Willfulness is saying "no...no...no" or saying "I can't." It is based on a desire to control and is the opposite of doing what works.

Willingness is allowing the world to be what it is and participating fully in it. It is doing what is needed in any given situation without dragging your feet. The goal of willingness is flexibility. When you are able to be fully present in the here and now without being judgmental or without pushing away experiences (thoughts, feelings, emotions, bodily sensations, and so on) you have much more freedom to take needed steps for actions.

Use my Skills

What did you notice?				How successful were you at not judging your experience (0-10)
	Thoughts	Physical Sensation	Behaviors	
1				
2				
3				
4				
<hr/>				
1				
2				
3				
4				

