Being *Effective*

A DBT mindfulness skill: doing what works

Root & Bloom Therapy

Being effective means focusing on what actually helps in the moment, not on being right. These ideas can help you practice it. Check the ones you try and write down what you notice.

1 Catch the moment you start to feel angry or defensive. Pause and ask, "Will this help me get what I really want?"

☐ I tried this

What I noticed

2 Notice when you want to win the argument. Let go of being right and aim for what actually works.

☐ I tried this

What I noticed

3 Spot stubbornness in yourself, the "I won't" or "I refuse" feeling. Name it without judging it.

☐ I tried this

What I noticed

4 Try the willing choice instead. Pick the response the situation needs, then notice how it feels different.

☐ I tried this

What I noticed

5 When you feel tense or ready to react, soften your shoulders and rest your hands open, palms up.

☐ I tried this

What I noticed

6 Another way I can practice: _____