

## **MINDFULNESS IN ACTION TECHNIQUES**

These techniques are useful for bring mindfulness into the activities of everyday life. They also are a good place to start with clients who have very low impulse control and distress tolerance. Linehan (2003 pp170-171 & 174-175) describes a number of these techniques as a way of developing distress tolerance in her "Skills Training Manual for Treating Borderline Personality Disorder"

Mindfulness in action techniques include:

**Focusing awareness of an aspect of a physical habit** that previously has largely been outside of conscious awareness e.g.

- Noticing how tight you hold the steering wheel when driving.
- Being aware of what happens to your breathing or voice tone in an argument.

**Focusing awareness on the breath when a specified environmental cue occurs.** This technique has been described in detail by Thich Nhat Hanh (1991 pp22-30 ). The cues we might use include:

Waiting for phone to be answered

Waiting at a red traffic light

Walking

Listening to Music

Getting Dressed

**Detailed awareness of the mental phenomena associated with cravings** such as thoughts, physical sensations and feelings. This is different to urge surfing as this technique includes no expectation that the craving will be outlasted.