Notice and choose

DBT skills in individual counseling

Practice bringing attention to the present, then choose a response that fits the moment. You do not have to empty your mind or become calm. Eyes can stay open; an outside focus is always an option.

Example: After a frustrating message, I notice the chair beneath me, name "anger and an urge to reply," and decide to wait before sending.

1. Where I am and what is happening

Choose an ordinary moment for a first practice.

2. One thing I can notice without judging it

A color, sound, object, or point of contact. Describe what I observe.

3. A feeling, thought, or urge I notice

Optional. Try naming it briefly rather than arguing with it.

Notice and choose

4. What matters in how I respond

A need, value, safety concern, or practical goal.

5. One action I choose and what I noticed afterward

Return to the task or conversation, seek support, or make a useful pause.

If inward attention increases distress or makes you feel disconnected, stop and orient to your surroundings. Adapt with your counselor. In OCD work, practice noticing without using this as a ritual to erase a thought.

Educational practice, not a complete treatment plan