

# Mindless vs Mindful of Others

let's *THEAPIZE* that shit !!!

The **Mindfulness of Others** skill is from **Interpersonal Effectiveness Handout 12** in the DBT manual. It can be hard to visualize what being mindful of others might look like. It may be easier to picture mindless-of-others behavior and then determine the opposite of that behavior. This graphic gives examples of mindless-of-others behavior and accompanying opposites.

## **MINDLESS-OF-OTHERS** **behavior** can look like:

pedestalizing, idealizing, interacting with the potential you see in others

bulldozing over boundaries

monopolizing attention (keeping it all to yourself)

scripting (planning what you're going to say) while the other person is talking

judging

ignoring, talking over others

distraction

projecting, assuming, interpreting

being contrary, insisting you're right)

rigidity

## **MINDFUL-OF-OTHERS** **behavior** can look like:

interacting with the reality of others' behaviors

respecting boundaries

balancing attention (paying attention to others and yourself)

dancing in the conversation, being responsive to others

letting go of judgements, validating

listening, curious

focus

checking the facts (ask!), giving others the benefit of the doubt

finding middle ground, noticing differences without judgement

flexibility, openness to new info