

Lesson 1-6

BEING MIND & DOING MIND



of MINDFULNESS

© Dan and Tasha Toning 2019 ® [Peer Guided DBT Lessons](#)

MODES OF MIND

As we change from one task to another, the interactions between the networks of our brain cells shift patterns. The networks involved in mental activities such as reading a book differ from the networks that are involved in painting a picture for example. Each different activity we engage in alters the brain's networking for as long as we continue to engage in that activity.

When these interacting networks are linked together, they present altering patterns. Through Magnetic Resonance Imaging (MRI), science has been able to give us a look at active brain networking. We can see these patterns as they shift with a visual of the actions of the different networks along with their connections with one another as the mind switches from one task to another.

Over time, we get a clearer picture of how the shifting patterns of interactions between networks reflect the different activities occurring in the mind. While the activities of the mind remain steady, one pattern is predominant. As the activity changes, a shift also occurs in brain networks so that networks which interacted in one pattern now interact in a different configuration.

Researchers have discovered that there are a limited number of core patterns of activity in the brain, and repeated interactions appear to occur as recurring patterns across an assortment of different mental activities. These reoccurring core patterns correspond to some of our basic "modes of mind." Two of the main two modes of mind have come to be known as "Being Mind" and "Doing Mind".

The modes of mind may be easier to understand if considered in comparison to the gears of a car. Just as each automobile gear is used for one specific purpose (starting, idling, backing, accelerating, etc.) each mode of mind has its own unique characteristics and purpose that it serves. As our actions change, the underlying mode of mind simultaneously shifts gears; followed by a continuous series of switching gears as we navigate our day.

Mindfulness training can help a person recognize and become more aware of which mode of mind is "in gear" at any given moment. When we become aware that we are not in the most helpful mode of mind for a specific situation, *with practice*, we can skillfully disengage from the "unhelpful" and engage in a more helpful mode.

HAPPINESS QUEST

We all want to be happy, and there is nothing wrong with that desire, but it may be that the approaches we are taking or the places we are looking for happiness are not the best ways to find it. Society has conditioned us to believe that happiness and “success” go hand in hand. People are rewarded by the public for their achievements (fastest in the race, most powerful in a company, best written article, etc.) that are gained by how successful they are at “*doing*” something. Often people work towards a specific accomplishment - searching for the *approval of others* - to reward us with the message that: *we have done enough to deserve to be happy.*

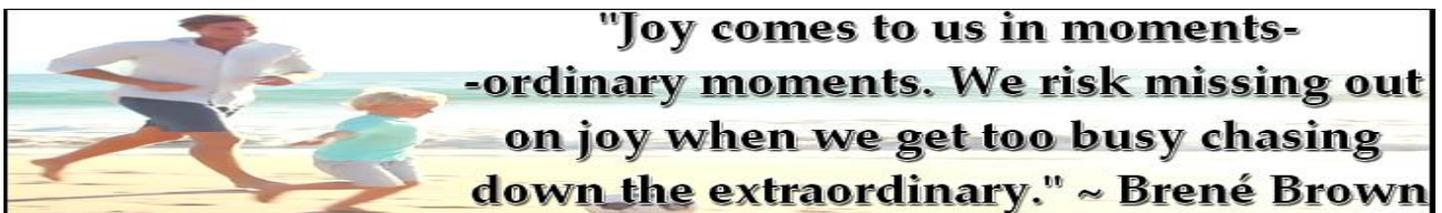
It is so easy to convince ourselves that the more we can accomplish, the happier we will be. This never-ending quest for happiness can keep most of us spending large portions of each day “*Doing*” - in order to attempt further success. We can get trapped in the exhausting and unsatisfying cycle of dreaming, pursuing, and achieving, in our endless quest for happiness - followed by our disappointment when happiness still remains out of reach.

As we endlessly race from one thing to the next (one achievement to the next) in our hope to find that ever elusive (*butterfly*) state of happiness and sense of self-worth, we find that no matter how much we do, how successful we become, that sense of happiness and self-confidence remain just out of our reach.

When we live our lives this way, as we keep our eyes on the future, we are implying to ourselves that the conditions are not yet quite right. We are actually depriving ourselves of happiness, by putting it *on hold* “until..” **This patterned cycle robs us of fulfillment in the present moment.**

What would happen if we abandoned our restless, relentless pursuit of happiness? What if we *changed our focus* on the *doing mode of mind*, and ***focused on just being?*** We could all feel more at peace and a bit happier right now if we switch gears.

It is sad to realize that many (if not most) people at some point in their lives will discover that they missed out on a lot of the lives they have lived. Living life in the pursuit of something more, is like having a beautiful garden full of flowers, but never stopping to smell the roses. *You have to experience life in the moment to fully appreciate it.*



BEING MIND

Most people are most comfortable in doing mind because that is the mind mode that we are most familiar with. It appears so exciting and attractive to continually work towards achievements, along with the vitalizing rewards of recognition for our accomplishment once a goal is met. It can be difficult to give that up, even for short periods of time. Recognition can make us feel good (temporarily) about ourselves and offers a fleeting moment of happiness. Happiness is something that happens to us, that is dependent on external circumstances. Unfortunately, happiness is transitory, visiting for only brief periods because it is not within our power to cultivate our own state of happiness.

On the surface, the realm of simply being could be perceived as lifeless, boring, and deceptively simple. Since we are so conditioned to pair accomplishments and achievements with happiness - it may even seem counterproductive to our desires. *This is just a matter of perception, and far from accurate.*

By adjusting our perspective away from continuously hoping for happiness in the future, to placing our focus on those moments of joy we experience in the present, we can experience that wonderful feeling; so similar to happiness that it can be difficult to describe the difference. Try looking up the words “joy” and “happiness” in a Thesaurus to see how closely related the actual phenomenon is.

Striving for joy is more beneficial than reaching for a moment of transitory happiness. Joy can be more consistent since it can be internally cultivated. Being Mind is a nourishing and uplifting state of mind which creates time and space to experience joy in the present moment. Creating this space within also allows us to notice what brings us joy. Joy increases as you are able to make peace with who you are.

It is important for us to remember that our accomplishments, achievements, and recognition cannot add to our personal worth. A person’s value is not measured by how much they have accomplished in life; *our worth as a person lies in who we are.* Remembering where our true value lies can take some of the pressure off. If we can truly grasp this concept, we can relax our constant reach for the next achievement and be free to simply be.



**"What lies behind us and what lies before us
are tiny matters compared to what lies within us."
*Ralph Waldo Emerson***

The Being Mind is challenging to cultivate, but the rewards of accessing it greatly surpasses any difficulties in reaching it. Being Mind is the mode of mind that correlates to Mindfulness. It is aware of what is happening right now, in the present moment with a rich alertness, taking notice of our senses, thoughts, emotions, and our bodies.

Being Mind is when we become so focused on experiencing the present moment, that we entirely lose ourselves in simply experiencing. When we are this absorbed in the present, we can no longer live in the past or future. We may think about them, but from a distance - allowing those thoughts to come and go without getting caught up in their content. With the “nothing to do, nowhere to go” stance of *Being Mind*, we are free to be fully present. This allows us to be aware of the here and now - totally focused on the moment-by-moment experience. Taking this stance does not mean that we literally “do nothing” or “go nowhere”. It means that rather than doing whatever we are doing simply to accomplish something, or reach a destination, we are so engrossed in the experience that we do it just for the sake of the experience. If we are walking, we need to take the focus off of our desired destination, or the benefits of the exercising involved, and focus on what we are doing. *We are walking!* *Why* we are is not important to Being Mind, simply that we are doing it, and actively participating in the action.

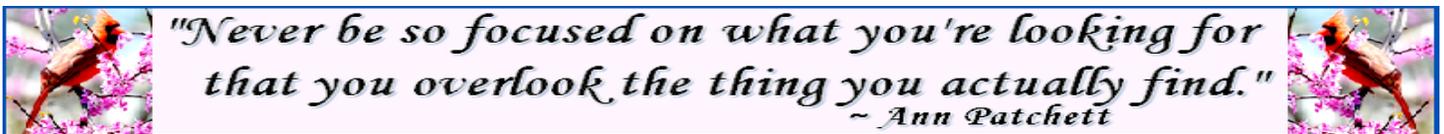
ALLOWING

The constant pressure we put on ourselves to increasingly press towards our goals stems from the discrepancies between the reality of how things actually are and how we believe they “*should be*” in order for them to be acceptable. Allowing reduces our need to reduce these perceived discrepancies.

Being Mind accepts, acknowledges, and *Allows* things to be *just as they are right now*. This offers us a brilliant edge for direct observation of circumstances, as we let go of resistance, judgements, and excuses. Often the stance of *Allowing* will enable contributing factors to a current situation to reveal themselves - opening other options to us.

“Allowing” rises naturally when we free ourselves from our narrow self-imposed standards that create in us this burning desire to reach our goals and evaluate experiences with the idea of narrowing the space between actual states and our desired states. This also means that attention is no longer focused narrowly on only those aspects of the present that are directly related to goal achievement.

Being Mind grants us space for our minds to be more relaxed, more creative; less of a perfectionist, and less stressed. *Any activity approached in Being Mind places the focus on the experience of the action rather than the outcome of the action.* The more present we become, and the more focused on the moment we become, the more we will become aware of a calmness, stillness, and sense of being centered. This is the present we can give to ourselves; the present.



There is a sense of freedom and novelty in Being Mind - as each new experience manifests itself in a clearer, fresher way. It allows us to be fully present in our lives, rather than being too busy - so caught up in our thoughts that we miss the whole thing as it passes us by - without us even taking notice. Being Mind releases us from our constant stream of thoughts, helping us to see the relationship of thoughts (including goal orientated thoughts) and feelings as simply aspects of the moment-to-moment experience, much the same as sight and sound. When we are able to observe our thoughts and feelings without letting them carry us away, we can be more in touch with our senses and what is happening around us - open to process the present experience in its full depth, width, and richness.

Being Mind allows moods, emotions, and circumstances to remain fluid. It takes a step back from our thoughts, enabling us to see them as mental events - and as only *an aspect of* the present experience. Distance allows thoughts and emotions to enter and leave, recognizing that they do not necessarily reflect reality, or require that we take any action. It Allows us to experience pleasant feelings without needing to hang on to them. It Allows us to experience unpleasant feelings without needing to push them away to get rid of them. It Allows us a greater ability to enjoy the pleasant emotional states and to tolerate uncomfortable emotional states. It is a state of accepting what is, without the urge to change it.

Being Mind does not demand that every experience fits our idea of how it “should be”. It approaches experiences, circumstances, emotions, and thoughts which are unpleasant with open curiosity and respect. Keeping our focus on the uniqueness of each moment, and *Allowing it to just be*, positions us to be able to mindfully approach problems dispassionately.

People in Being Mind are content with reality, even if they are aware that it is unpleasant. People in Being Mind are content with themselves, even if they are aware of their flaws. It is kind and compassionate.

ACCEPTING

The acceptance of Being Mind is not the same as resignation. It *is active acceptance of the way things are at the moment; for the moment*. It is about *Allowing things to be as they already are*; this is what mindfulness aspires to cultivate.

This does not mean that if we accept things exactly as they are that we must become stagnant to those circumstances. But we have to accept them in this moment before they can be changed. Paradoxically once we fully accept them, and stop attempting to change them, they begin to change themselves.



Acceptance also means that we are willing to be open to, and Allow, all of our emotions (pleasant, neutral, and unpleasant) to be. We do not suppress, invalidate, or avoid painful and unpleasant sensations or emotions. Acceptance requires that we realize that emotions are normal - even if they are not always comfortable. Being Mind acknowledges our emotions and allows us to commit to feeling them, observing them compassionately, allowing them to dissipate with time till they have less power over us. We are aware that emotions come and go, without us having to react to them. It should be noted here: *Accepting a situation or emotion for the intended purpose of making it change and go away is not actually acceptance*. If you are trying to do anything to make it go away, it means you have not really accepted that it is as it is.

In Being Mind we understand that emotions are one of those things that we cannot avoid. A person could attempt avoidance through distraction, over doing (workaholic), or even suppression through substances. The bottom line is that the more you struggle against experiencing an emotion, the more tightly you lock yourself into it.

It is our human nature's natural instinct to fight and attempt to disentangle ourselves from anything that we feel takes control away from us (including Allowing things to just be). We want to take control of all situations, *and to do*. Being is not so easy all the time.

We could relate attempting to escape our emotions to trying to free ourselves from a Chinese Finger Trap. The harder we struggle, the tighter they hold on. The only way to be released from them is to stop trying to get away from them, and *Allow them to just be*, then they let go on their own.

EXCESS

While we are able to recognize that Being Mind and Doing Mind are both useful in their own way - and in their own time, the danger lies when we *over-identify with either one*, or if we attempt to apply the wrong mode of mind for a specific situation.

Over-identifying with Being Mode could cause a person to be indulgent and self-centered. One can become so focused on their personal experience that they practice it at the expense of others and their wants and needs. Getting stuck in Being Mode can keep you from taking care of responsibilities that you need to follow through. It can also keep you from making effective plans toward a future for yourself and your loved ones.

Doing Mind is also necessary, but the most effective (as you will see as we continue) is to seek a balance of Being Mind and Doing Mind.

DOING MIND

Doing Mind is focused on decreasing the distance between the way things are right now and where we desire them to be. As already discussed, there is a time and place for doing mind. In order to achieve its goals, doing mind has to think about the current state (ex. I would like to have a cup of coffee). No matter how long we stay in Being Mind and focus that we have this desire, we will get no closer to filling that desire. Doing Mind acknowledges the desire of the current moment, accepts that it feels this desire or need, then takes steps required to move closer to where you are right now and where you desire to be. The “doing” in this case may be as simple as pouring coffee into your cup, or it may require multiple actions to complete. A plan may be needed: I need to walk to the kitchen, take the coffee from the cupboard, take the filter from its shelf, put the filter in the coffee maker and fill it with the appropriate amount of coffee. Next I need to turn on the tap to fill the pot with water and pour it into the coffee maker, then switch the power on so that it will heat and brew. After following my plan and a short wait, I can pour the completed coffee into my cup.

Once we have acknowledged and accepted a want, need, feeling or thought, created a plan to meet our goals, and then followed through with our plan, we will have successfully decreased the discrepancies between our current circumstances and how we wish them to be. In a situation of this kind, *Doing Mind* is the better choice to practically employ. No amount of focus in Being Mind - simply being with a desire, will move us any closer to changing that feeling into a reality.



We could measure this decrease of distance with a “Discrepancy Monitor”:

- 1) The first step is to visualize an idea of how we wish things were, or how we think they “ought” to be.
- 2) Then, we compare that visualized idea with how things are right now.
- 3) If we see a gap between how we desire things to be and how they actually are in the present moment we instigate thoughts, plans, and actions in an attempt to reduce that distance.
- 4) As we analyze our progress, we can adjust our plans and actions accordingly, if we are not decreasing that gap.
- 5) When *how things are* coincides with our visualized idea of *how we want things to be*, we have reached our goal.

Most people find that it is easier to function in Doing Mind. It gives us a sense that we are in control. Doing Mind is in fact our default mode. It solves problems, fixes wrongs, strives to do better or more, and acts toward achieving our goals. The Being Mode of Mind has proven its effective general strategy when it is focused outward toward the impersonal, external world. It can be utilized in problem solving and achieving goals, whether the goals are as humble as fixing a cup of coffee or as lofty as building a Mansion. Using it to improve our innovation and means of progressing, it leads to meeting goals.

Unlike Being Mind, *Doing Mind* must look forward in time to plan and anticipate the results of our action options needed to meet our goals. It also looks back into the past for memories of when we faced a similar situation to come up with ideas on how to proceed this time. Doing Mode involves thoughts of present, future and past.

CHOOSING THE BEST TOOL

The job of the Discrepancy Monitor is to register mismatching between how things are and how we believe they should be in order to further reduce discrepancies. Since Doing Mind has proven to be effective in decreasing the gap in external situations, it is only natural that we should turn to the tried and proven tool of Doing Mind when things are not as we would like them to be in our internal, personal world as well. When we turn to Doing Mind to attempt to close the gap between what we feel and what we wish we felt, or what we think and how we would like our thoughts to focus - or even the kind of person we see ourselves to be and who we would prefer to be, things can go terribly wrong.

It is not a matter that the tool of Doing Mind is not a useful tool, because we have seen how effective it can be in building through planning, problem solving, and actions. But, it is not an effective tool for use when the discrepancy gap is in our inner world. Just as a hammer can be used to build, *as Doing Mind is effective at decreasing the distance between how things are and how we would like them to be in our external world* – that same hammer, *or in this case the tool of Doing Mode* can be destructive *when used to attempt to change the internal.*



When working towards bringing *what is* and *what we would like it to be* closer together - *in our internal personal world - Being Mind is a more effective tool.* Rather than trying to force things with a hammer, a screwdriver might be a better tool choice.

Doing Mind wants to take action right now - to stop falling short of where we want to be. It is acutely aware of the flaws in the current reality and how far away those flaws keep you from matching what you desire it to be. Doing mind will respond to unpleasant experiences by attempting to fix them immediately; by trying to get rid of them, destroying them, or avoiding them.

When we apply Doing Mind to “fixing” the internal world; *our emotions*, or *our self-evaluation*, we enter a downward spiraling cycle that takes us deeper and further away from our desired state. The harder we try, and the harder we struggle - yet still fail to achieve a distance reduction, the worse it causes us to feel. Dwelling on how much things are not as we want them to be can increase our unpleasant mood. Using the wrong tool to attempt to solve a “problem” can actually lock us tighter into the state of mind that we are trying so hard to escape.

Since Doing Mind views thoughts and feelings - and our evaluation of them as reality, rather than simply a factor in a moment to moment mindful experience, it gives them too much power over us. Rather than allowing them to enter our minds and drift back out again, Doing Mind seems to glue them into our minds as a fact, or a truth.

Facing the internal in Being Mind allows us to see our thoughts and emotions as a passing experience that we don't have to buy into. This makes it easier to Accept that this is how we feel right now, or what we think right now *without needing to escape it.* Once we Allow and Accept them, we can admit to ourselves that this is how it is *right now* - then watch solutions to improve that unfold before us.

THE MIDDLE PATH

We can easily recognize the usefulness of both Being Mind and Doing Mind. They each are useful in different ways; for different tasks and at different times. Without aspects of both Being Mind and Doing Mind it would be impossible to live a balanced life.

The danger with these two mind modes is when we over-identify with one mode over the other, or when we attempt to apply the wrong mode for a specific situation. *If we let go of balance, we start seeing reality from the extreme perspective of the mode of mind we have most closely identified with.* When we “walk the Middle Path” between Being Mind and Doing Mind we are able to find the balance between the two modes of mind.

Temporal Focus - *When the two are in balance, we are able to look forward into the future - viewing the possible results of our plans and goals, and we are able to look back into the past to learn from similar circumstances, while fully participating in our present as we experience the richness of each unique moment.*

Emotions / Logic – *Balance between the two states of mind makes it possible to regulate our emotions and then make decisions based on reason - while at the same time, we fully experience our emotions and allow them to motivate us to action. When balanced, our actions are prompted from our more reasonable emotions and our intuitions while we remain rooted in the present moment.*

Assessments – *Balancing allows us to have a strong desire for change - but at the same time have radical acceptance. Wanting things to be different than they are, we actively take the steps needed to bring about that change, but simultaneously we are willing to accept our circumstances as they are right now.*

Self – *Balance between the two mind modes helps us to practice moderation between the self-indulgence of Doing Mind and the self-denial of Being Mind. Balance Mind has a self-quieting sense, allowing us to go after our desires and engage in our activities, but remains aware of Self.*

Goals – *Balance will help us throw ourselves completely into working towards the goals we set for ourselves, but frees us from viewing them as a necessity. We are able to work for what we hope and wish for without feeling that we absolutely have to achieve what we are working towards.*

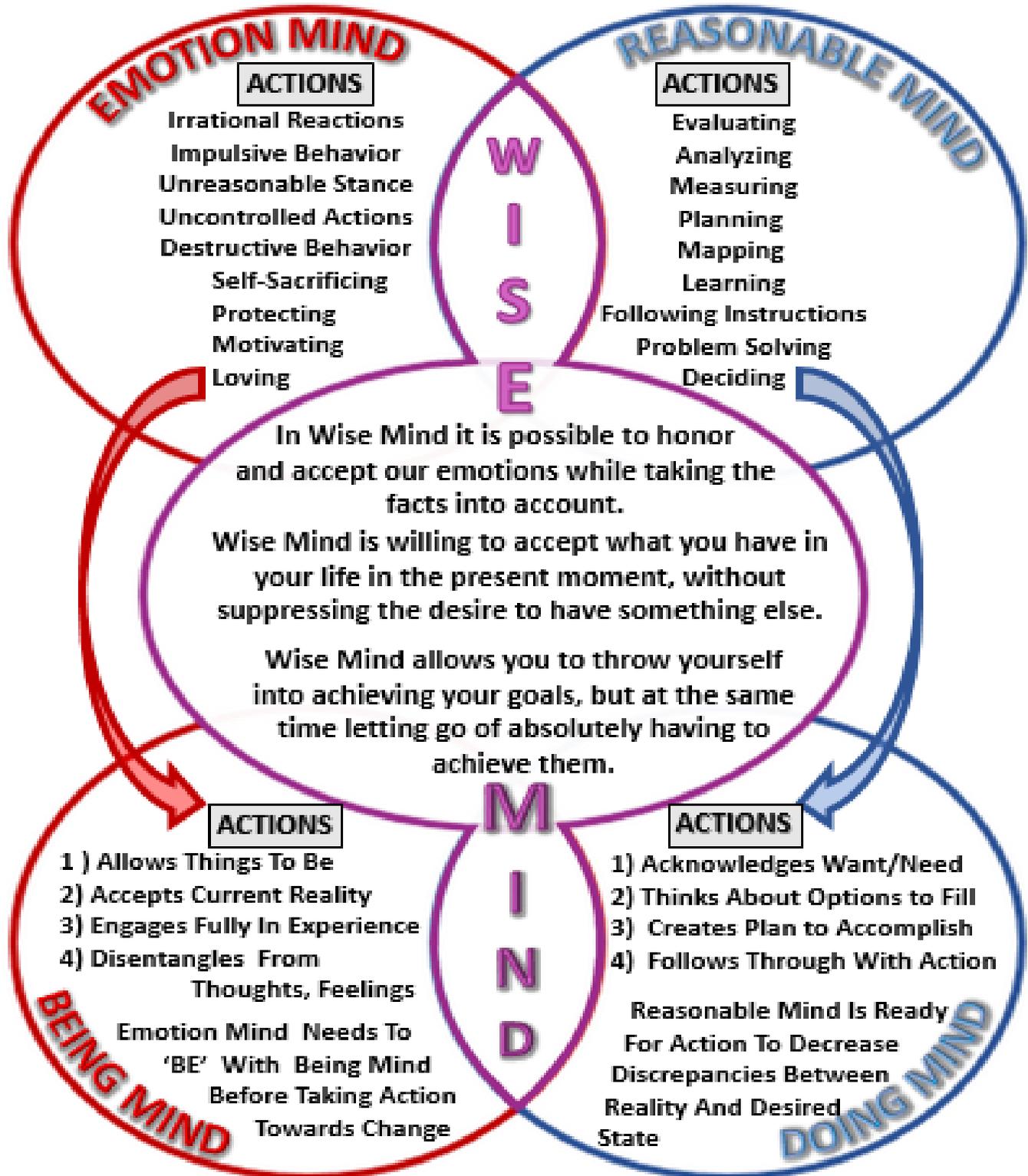
WISE MIND

It is important to note that *Wise Mind Mode is not a compromise between opposites.* It is a deeply personal experience; an ideal synthesis of Being Mind AND Doing Mind - *BOTH* in effective balance.

BEING MIND	AND / BOTH	DOING MIND
Fully Feel Emotions		Fully Think Rationally
Self-Denial		Self-Indulgence
Acceptance		Desire Change
Mental Quiet		Automatic Thinking

Due to our individual uniqueness, and our personal circumstances, we each need to find a synthesis that works for us. We need to do what works, what is the most effective to find our balance; *even if it goes against our urges to just react.*

BEING, DOING, And WISE MIND



BEING MIND AND DOING MIND



BEING MIND:

Mindful
Present Focused
Non-Conceptual
Self-Quieted
Intentional Choices
Acceptance
Sensing/ Direct Experience
Curious
Nothing-to-do Mode

WISE MIND:

Balancing Being and Doing Mind



(Middle Path)

DOING MIND:

Cognitive (Goal-Directed)
Past and Future Focused
Conceptual
Self-Centered
Automatic (Autopilot)
Judgmental Evaluation
Analytical
Discriminating
Ambitious Mode

When we are in Being Mind:

We are able to **Acknowledge** how things are in the moment, while remaining **Open** and **Accepting** of all emotional states (Pleasant, Neutral, and Unpleasant).
 We **Allow** thoughts to come and go without being swept away with them.
 We will be willing to **Allow** things to be as they are, without attempting to change or alter the experience...
Focused on the distinctiveness of each Moment, releasing our focus on goals.

When we are in Wise Mind:

We are aware of the present moment and participate in our actions; throwing our entire being into striving towards our goals, but - we release our determination that we have to achieve the goal we strive for.

We are..

Focused with an Enriched Awareness while we are actively working towards our goals.

When we are in Doing Mind:

We are **Aware** of how things “are” but also how they “should” be, compelling us to attempt to “**fix**” things.
 We tend to **View** our thoughts as facts which can cause us to continually increase our **Efforts** towards reaching our goals.
 We may become so preoccupied with our goals that we lose awareness of the present, that our actions become Automatic
 We are...
Focused on Achievements, problem solving, and goals.



BEING INFORMED DOING WORKSHEET

1) How do I want to FEEL at the end of the day? (*Mindfully allow your answer to float into your mind before you answer this.) _____

2) What can I do to make myself feel that way? _____

3) Making that answer my top priority, after doing that one thing how did I feel? _____

Repeat this process of DOing that method of BEing through the day; (Your answer may change) Ask yourself:

1) How do I want to FEEL at the end of the day? (*Mindfully allow your answer to float into your mind before you answer this.) _____

2) What can I do to make myself feel that way? _____

3) Making that answer my top priority, after doing that one thing how did I feel? _____

Repeat the process, (Your answer may change again) Ask yourself:

1) How do I want to FEEL at the end of the day? (*Mindfully allow your answer to float into your mind before you answer this.) _____

2) What can I do to make myself feel that way? _____

3) Making that answer my top priority, after doing that one thing how did I feel? _____

After repeating this process of DOing that method of BEing through the day;

1) Were you aware of any changes in your mood throughout the day due to this method? What changed? _____

2) How did you FEEL at the end of the day? _____



DRIVEN-DOING WORKSHEET

Think back to a time when you felt driven to keep doing while working towards a goal;
a time when you just couldn't allow yourself to relax.

1) What was the goal that you were working so hard to accomplish? _____

2) What did you expect to gain by meeting your goal? _____

3) What did you expect to happen if you did not meet that goal? _____

4) Did you feel that the results of successfully accomplishing or failing to accomplish it would affect your self-worth? How so, or Why not? _____

5) If you successfully accomplished your goal, did the accomplishment bring about the desired emotional benefits you expected? _____
What emotional benefits were you hoping for? _____
What emotional benefits did you actually gain? _____
How long did any increased sense of wellbeing as a result of all your hard work remain with you? _____

6) If you were unable to successfully accomplish your goal, did the worse you anticipated happen? _____
What concerns did you have about how the results of not meeting your goal would affect your emotional wellbeing? _____

What was the worst emotional effects of not accomplishing it? _____

How long did the ill results stay with you? _____

7) What was something you missed out on as a result of driven-doing? _____

8) Were the results of intensely doing worth the things you missed out on? _____

9) How could your goal have been compromised or altered so that you could have kept moving in the desired direction without feeling driven? _____

10) After reflecting on these expectations, and results of working in driven-doing mode, what have you learned? _____

End Notes

- Orzen, M. (2018, January 16). Doing Versus Being – How Mindfulness Supports Better Lean Thinking. Retrieved October 17, 2019, from <https://www.lean.org/LeanPost/Posting.cfm?LeanPostId=836>.
- 7 Cups Foundation. (2016, December 20). DBT Skill of the Week: Doing Mind vs. Being Mind. Retrieved October 17, 2019, from https://www.7cups.com/forum/BorderlinePersonalityDisorderSupportCommunity_81/TreatmentandCopingMechanismsforBPD_595/DBTSkilloftheWeekDoingMindvsBeingMind_56155/.
- Brown, S. L., M.A. (2012, December 18). Joy -VS- Happiness. Retrieved October 17, 2019, from <https://www.psychologytoday.com/us/blog/pathological-relationships/201212/joy-vs-happiness>.
- Chang, L. K., Ph.D., LPC . (2012, July 1). "Doing" Mode vs. "Being" Mode. Retrieved from <https://www.mindfulnessmuse.com/mindfulness-exercises/doing-mode-vs-being-mode>.
- DBT Centre of Vancouver . (2015, September 16). Being vs. Doing. Retrieved October 17, 2019, from <https://dbtvancouver.com/being-vs-doing/>.
- Fearnley, R. (2015, September 1). Joy vs Happiness. Retrieved October 17, 2019, from <https://www.psychologies.co.uk/joy-vs-happiness>.
- Gewitz, M. (2018, July 31). SKILLFUL MEANS: BALANCING DOING MIND AND BEING MIND (MINDFU. Retrieved October 17, 2019, from <https://prezi.com/rxamucif7dhn/skillful-means-balancing-doing-mind-and-being-mind-mindfu/>.
- Good, D. J., & Lyddy, C. J. (2017, February 21). Being While Doing: An Inductive Model of Mindfulness at Work. Retrieved October 17, 2019, from <https://www.frontiersin.org/articles/10.3389/fpsyg.2016.02060/full>.
- Hogan, J., LCPC. (2019, May 31). Doing vs. Being. Retrieved October 17, 2019, from <http://mindspirit.com/doing-vs-being/>.
- Hood, M., MAPS, CCLP. (2018, July 23). How Being Rather Than Doing Can Change Your Life. Retrieved October 17, 2019, from <https://www.brisbanecitypsychologist.com.au/how-being-rather-than-doing-can-change-your-life/>.
- How to Embrace the Being Mode of Mind for Mindfulness. (n.d.). Retrieved October 17, 2019, from <https://www.dummies.com/religion/spirituality/how-to-embrace-the-being-mode-of-mind-for-mindfulness/>.
- Mallernee, L., Pretending to be grown up. (1970, January 1). Seven characteristics of the Being versus the Doing modes of mind or modes of living. Retrieved October 17, 2019, from <http://lauramallernee.blogspot.com/2014/06/seven-characteristics-of-being-versus.html>.
- Ozymandias. (2015, December 9). Mindfulness: Doing and Being Mind. Retrieved October 17, 2019, from <https://thingofthings.wordpress.com/2015/12/09/mindfulness-doing-and-being-mind/>.
- Pritchard, M. E., PhD, HHC, . (2013, December 23). Doing vs. Being. Retrieved October 17, 2019, from https://www.huffpost.com/entry/doing-being_b_4144965.
- Ryan, E., Ph.D. (2014, July 29). Doing versus Being. Retrieved October 17, 2019, from <https://moodsmith.com/versus/>.
- Segal, Z., Goldstein, E., Bayes-Fleming, N., Christine Carter, E.-in-C. B. B., Alidina, S., & Newman, K. M. (2018, August 1). The Difference Between "Being" and "Doing". Retrieved October 17, 2019, from <https://www.mindful.org/difference-between-being-and-doing/>.
- Segal, Z., Marturano, J., Bertin, M., Bayes-Fleming, N., Christine Carter, E.-in-C. B. B., Alidina, S., & Newman, K. M. (2019, June 26). A 7-Minute Mindfulness Practice to Shift out of "Doing" Mode. Retrieved October 17, 2019, from <https://www.mindful.org/a-7-minute-practice-to-shift-out-of-doing-mode/>.
- Singh, B. (2018, July 2). 'Doing' vs 'BEING'. Retrieved October 17, 2019, from <https://www.livelife kingsize.net/doing-vs-being/>.
- Synonyms of happiness. (n.d.). Retrieved October 17, 2019, from <https://www.thesaurus.com/browse/happiness?s=t>.
- Synonyms of joy. (n.d.). Retrieved October 17, 2019, from <https://www.thesaurus.com/browse/joy/4?s=t>.
- Understanding Mindfulness as Doing vs. Being. (2018, October 15). Retrieved October 17, 2019, from <http://shalavee.com/understanding-mindfulness-doing-vs-being/>.
- What's the Difference Between Joy and Happiness? (n.d.). Retrieved October 17, 2019, from https://www.compassion.com/sponsor_a_child/difference-between-joy-and-happiness.htm.

This lesson may be found at:

<https://peerguideddbtlessons.weebly.com/doingandbeingmind-dbt.html>

Supporting Video

<https://youtu.be/dNLJmRho3cg>

