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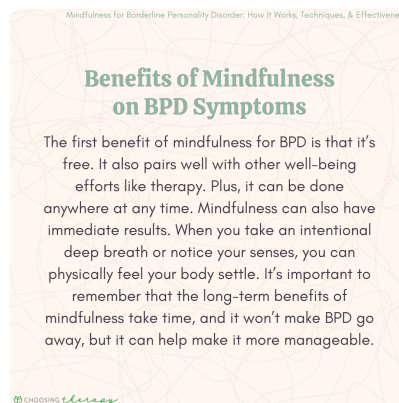


Mindfulness Exercises for BPD: DBT Skills and Healing Techniques

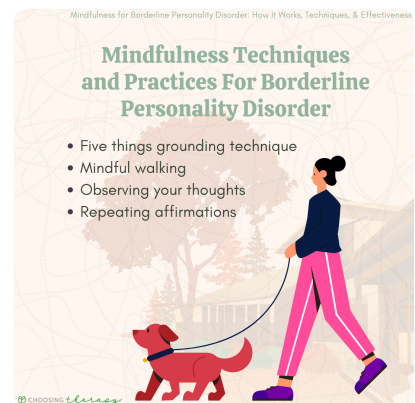
Photo Gallery



21 Mindfulness Exercises & Activities for Adults



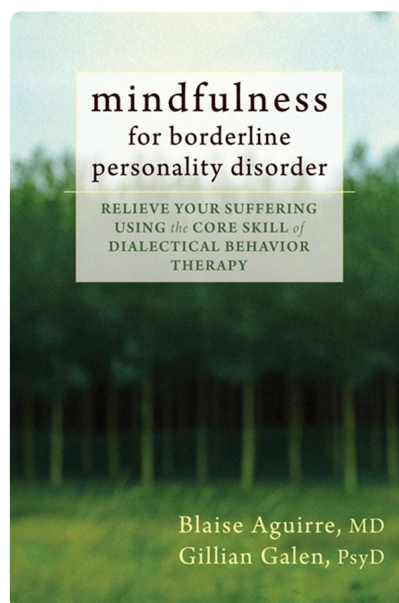
Mindfulness for BPD: Benefits & 4 Techniques to Try



Mindfulness for BPD: Benefits & 4 Techniques to Try



BPD Healing with Mindfulness & Eastern Practices



Mindfulness for Borderline Personality Disorder by Blaise Ag



21 Mindfulness Exercises & Activities for Adults



DBT Mindfulness Exercises Handout-
mindfulness Skills PDF - E



Mindfulness for BPD: Benefits & 4
Techniques to Try

About This Collection

Mindfulness exercises for BPD blend DBT techniques with Eastern practices to support healing and interpersonal problem-solving. Each session includes self-help resources and mental-health tools. The collection features worksheets, coping-skill handouts, and guided activities for adults, kids and teens. Learn from experts such as Blaise Aguirre and Cedar R. Koons, whose approaches target intense emotions. Explore the full gallery above to see the complete set.

See the full gallery: [View Full Gallery Online](#)

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