

Lesson 1-5

WISE MIND



of MINDFULNESS

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STATES OF MIND

The Wise Mind Skill is especially helpful to those who have been taught through conditioning to ignore and invalidate their emotions, thoughts, and experiences. Just as one is taught to ignore, they can relearn how to get in touch with, and listen to their own intuition and inner wisdom.

It is a natural human tendency to attempt to operate through the process either of pure logic or pure emotion at any given time, because the two ways of reasoning frequently appear to be in conflict with each other.

Both states of mind serve such important purposes - with neither being “good” or “bad”, yet each has its specific time and place. *The logical reasonable state of mind* and *the emotional state of mind* are extremes and therefore are usually only effective in extreme situations. In the majority of life’s circumstances, attempting to apply the either/or states of mind is not only ineffective, but usually will lead to making a lot of poor decisions and creating an added weight of emotional suffering.

Most people with problems regulating their emotions are prone to taking this tendency to extremes, bouncing from the furthest boundaries of one to the furthest edge of the other. When we bounce between polar opposites, we miss the big picture. It results in us seeing only one possible way of viewing things - or the other way, with blinders blocking everything in between.

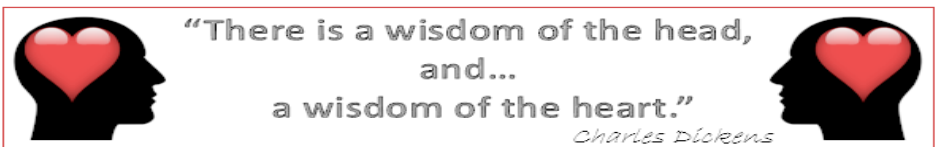
- If we view our lives (events and relationships) through only logic, reason, and rational thought, “**Reasonable Mind**” it likely will leave us feeling empty, cold, and lifeless.
- If we view our lives (events and relationships) through only pure emotion ‘**Emotion Mind**’ we are usually left with the feeling that our lives are disorganized, chaotic, and full of emotional pain.
- When we are able to remove our blinders and view life through a blend of both, we are able to live life with the greatest balance and as effectively as is possible.

It is to a person’s advantage to learn how to integrate - or blend - emotion with reason. This integration using both emotion and intellect, allowing us to become better informed before making decisions, is what is called ‘**Wise Mind**’ in DBT, and it gives us better judgment and more balance in our decision making.

Learning to identify the three states of mind, (i.e. the three ways of looking at things) can help us to see more clearly where our urges, impulses, judgments, and decision difficulties come from. When you clearly understand which state of mind is controlling your thought processes, you will become better able to decide which state of mind it would be most effective to rely upon in that specific situation.

Understanding these three states of mind can give you clearer perspective when attempting to solve a specific problem.

They are: 1) Reasonable Mind
2) Emotion Mind
3) Wise Mind.



REASONABLE MIND

Reasonable Mind is sometimes, or by some, called ‘Logic Mind’ or ‘Rational Mind’. Those alternative titles also fit as an apt description for this state of mind. It is the non-emotional, ‘cool’ portion of our mind. An applicable way to imagine this aspect of our mind is to picture it as our internal ‘*professor*’, who attempts to explain and rationalize everything to us.

For those who are Star Trek fans, only need to look to the Vulcans - specifically Spock, to see this mind state in full action. He has learned to suppress all of his emotions, in favor of pure logic.

<u>ASPECTS</u>	<u>OPERATIONAL MODES</u>	<u>ACTIONS</u>
Cool	Statistics	Evaluating
Non-Emotional	Calculations	Analyzing
Detached	Evaluations	Measuring
Robotic	Observable Knowledge	Planning
Logical	Observable Phenomenon	Mapping
Rational	Provable Facts	Learning
Analytical	Concrete Evidence	Following Instructions
Mathematical		Problem Solving
Intellectual		Deciding
Focused Attentiveness		
Primarily Left-Brain Processing		

When required for one of the purposes best served by *Reasonable Mind*, there is usually an automatic triggering for this part of your mind to move into the forefront. Beginning a task that relies on intellect rather than emotion normally facilitates Reasonable Mind, for example:

Mathematical Problems	Following a Recipe	Filling Out Tax Forms
Creating/Using Maps	Following Instructions	Balancing a Checkbook
Scientific Experiments	Deciding What to Eat	Writing a Shopping List
Planning an Event	Designing a House	Learning a New Language
Repairing a Car	Creating a Spreadsheet	

While these activities are **likely** to cultivate a ‘Reasonable’, logical way of thinking, that is not always the case. The context of a situation, along with personal differences, can create a tremendous variation in the triggering points for Reasonable Mind. While any of these activities require logic, because of our own personal conditioning, that same task could instead trigger Emotion Mind.

EXAMPLE:

If you know before you attempt to balance your checkbook that you have spent more than the funds you have available, if you know in advance that your account is overdrawn, this task could trigger *Emotion Mind* rather than Reasonable Mind.

A person’s health and wellbeing also affect the triggering point. When a person feels well, it is easier to shift into Reasonable. This becomes harder in relation to how unhealthy someone feels.

Have you ever told yourself, “If I could just think straight, I would be fine”? What you are really saying is, “If I could be in *Rational Mind*, I would be fine”. In Rational Mind we find that we are able to think logically - so are able to be rational about what is occurring.

If you notice that you are feeling rather detached from the situation you find yourself in, while planning your future behavior based on only logic and hard cold facts, you could correctly assume you are operating in the *Reasonable state of Mind*. When we are in this state of mind, we may notice that our full attention is focused at the task at hand and therefore are less aware of our emotions.

Often those who have problems regulating their emotions seek this state of mind to calm the chaos in their minds caused by non-regulated emotions. If overwhelming emotions have led a person to make serious mistakes and react impulsively, they may seek the comfort found by turning off their emotions. This desire to escape emotional discomfort can trigger a bounce to the opposite extreme of becoming robotic and non-emotional. While this bounce to Reasonable Mind may lead to a reduction of impulsive behavior, it can lead to an entirely different set of problems.

If we get stuck in Reasonable Mind, we could get stuck *not* making problem-solving decisions, but get caught up instead in just over-analyzing.

In the extreme of this state of mind we also run the risk of missing or ignoring important considerations when making decisions. Completely disregarding or invalidating all emotion while attempting to make decisions leads to us ignoring our personal preferences and limits.

CONSIDER THE FOLLOWING EXAMPLE PRO / CON LIST

Let’s say I was offered an advancement in my place of employment:

Pure Logic		<i>Emotions</i> and <i>Limits</i> Considered	
PRO	CON	PRO	CON
Closer to Home	More Responsibility	Closer to Home	More Responsibility
Less Commute Time	Overtime Required	Less Commute Time	<i>Already Overwhelmed</i>
Higher Wages	Work on Weekend	Higher Wages	Overtime Required
More Vacation Time		More Vacation Time	<i>Too Tired, To Add More</i>
Better Benefits		Better Benefits	Work on Weekend
Great Retirement Plan		Great Retirement Plan	<i>Will Miss Family Time</i>
Larger Office		Larger Office	<i>Dislike New Boss</i>
			<i>Will Miss Current Boss</i>
			<i>Hate A Team Member</i>
Looking only at Logic / Mostly Positives		Adding Emotions / Mostly Negative	

A plan or solution may look great on paper, when using *only logic*, but attempting to put that plan into action may be miserable to do. *Reasonable Mind* naively disregards any emotional pain a solution might cause. Not taking the emotional factors into consideration as important, is in a sense a *form of self-invalidation*.

Beyond the effective uses of this extreme state of mind, and the value of being able to make logical, rational decisions, there are drawbacks to spending too much time in this state. If this were our only state of mind we would be like robots, not able to develop deep connections with others. We would go through life detached, cold, and calculating. Stay in this Reasonable Mind long enough and the emptiness will become so unbearable that we will likely bounce to the other extreme, Emotion Mind, in an attempt to escape it.

EMOTION MIND

Emotion Mind could be thought of as the state of mind that runs wild, *without thought about the possible consequences*. In this state of mind our *emotions run the show*, and emotions are the drive behind our decisions and actions. In Emotion Mind we may be aware of the facts, but due to our current emotional state, we may find that we ignore the facts as they are. In Emotion Mind we tend to distort or exaggerate facts to fit the emotion. This tendency makes it difficult to view our situation rationally, objectively, or factually. Since emotions are in the driver’s seat, and frequently the engine is in overdrive, this state of mind is commonly referred to as being the ‘hot’ portion of our mind.

Going back to our Star Trek personalities as examples of the states of mind - Dr. McCoy (Bones) is a good example of someone who frequently acts in Emotional Mind. He is quick to make hasty decisions based solely on his emotions, without thinking about any of the other factors involved

ASPECTS	OPERATIONAL MODES	ACTIONS
Hot	Feelings	Motivating
Emotional	Desires	Loving
Subjective	Urges	Self-Sacrificing
Reactive	Emotions	Activism
Impulsive	Beliefs	Impulsive Behavior
Intense	Causes	Irrational Reaction
Illogical	Devotion	Protecting
Irrational		Unreasonable Stance
Compassionate		Uncontrolled Actions
Empathetic		Destructive Behavior
Primarily Right- Brain Processing		

There are many circumstances in which Emotion Mind is best equipped to help us meet our objectives for the situation at hand. When required for that purpose, *Emotion Mind* is usually automatically triggered to move into the forefront of our mind.

But there are also other circumstances that cause us to impulsively react to situations, places, events, or people which may also “trigger” us to enter Emotion Mind. Each of us may have become conditioned to be “triggered” into Emotion Mind by different types of events as a result of earlier life experiences. Once we give our control over to our emotions and we allow them to be the main influence and director of our thinking and behavior, we risk becoming *impulsively reactive*.

EMOTION MIND ACTING BENEFICIALLY	EMOTION MIND ACTING NON-BENEFICIALLY
Motivation for Relationships	Avoidance (I.E. Fear-Avoid Unnecessarily)
Experiencing Love	Impulsive Behavior
Motivation from Intense Devotion	Irrational Stance
Passion for Causes / Beliefs	Unreasonable Arguments
Motivation from Desire	Aggression
Communication of Wants and Needs	Violence
Expression of Feelings	Irresponsibility
Urgent Action (I.E. Fear-Avoid Danger)	Thoughtlessness
Defense / Protection of Others	Self-Centeredness

Without Emotion Mind, we would have no desire to become involved in relationships, and we would never know the deep satisfaction of deeply connecting with another human being. The thrill of falling in love would be impossible, and a parent would never feel that bond that causes them to sacrifice their personal desires for the needs of their child. We would not care when we witness abuse, and it would not matter to us what we believe. We would constantly put ourselves at risk, because there would be no fear of danger around us.

There are many things we would not be able to experience in life - and needs that would not be met, without *Emotion Mind*. However, this can quickly go from being helpful to instead becoming harmful when put into use *beyond the short-term purposes* for which it is best at.

Anger, stemming from Emotion Mind, can motivate us to make a necessary change and give us the energy required to follow through with the needed change. *Anger without a direct focus* (i.e. the need for change) that is allowed to run unchecked over a long period of time can drain us of our energy while distracting our rational thoughts from finding a logical, reasonable solution to whatever is feeding that anger. *Anger focused on change can be extremely beneficial*, while *unfocused anger can lead to ineffective impulsive behavior* in an attempt to ease a person's discomfort caused by the emotion.

Emotion Mind is more easily “triggered” and exasperated by the following conditions:

Illness	Drugs and Alcohol	Overeating,
Sleep Deprivation, Tiredness	Hunger, Poor Nutrition	Environmental Stress
Excessive Demands	Environmental Threats	And More

If someone is frequently relying on impulse rather than reason, it is difficult to hold down a job, sustain a relationship, or function in any way. *Making decisions only from Emotion Mind* wreaks havoc in life - burning bridges, ending relationships prematurely, and increasing the potential of hurting either oneself or those cared about. *Spending more time in Emotion Mind than what is effective and beneficially useful adds fuel to emotion dysregulation* - which can feed into the feeling that life is unlivable.

Whenever we react to problems in life and emotional pain in emotion-driven and destructive ways, it is only natural that we not only increase the pain of the old original problems we started with, but we end up creating, and adding an entirely new set of problems that make us feel worse than how we felt to start with. If we then respond to the increased level of pain and the new problems we have created in impulsive, destructive actions, our problems and emotional pain will continue to increase and multiply in a “*Cycle of Suffering*”. If we continue in *Emotion Mind*, reacting rather than resolving our problems and working through our pain, we will continue to pile more suffering on top of suffering until we are weighted down with emotional baggage and pain. What could have been stopped as solvable problems and temporary pain can easily evolve into long term pain and suffering. Once we are suffering as a result of spending more time than warranted in Emotion Mind, it is easy for past trauma to add more emotional pain to the present until we end up not only in pain, but absolute misery. Once we have heaped on as much suffering as we can tolerate, the detached state of *Reasonable Mind*, with the ability to think things through before acting, becomes once again desirable.

We can bounce from *extreme Emotion Mind* right back to the other *extreme Reasonable Mind* to escape the pain, until the discomfort of emptiness triggers us to bounce back to the other extreme. ***The only way to stop bouncing from one extreme to the other is to meet each other in between.***

WISE MIND

Wise Mind is frequently described as; *the meeting of Reasonable Mind and Emotion Mind*. As previously discussed - often *Reasonable Mind* and *Emotion Mind* are polar opposites. *Wise Mind seeks to bridge the gap that separates the two - while encouraging a sense of harmony and acceptance.*

Wise Mind would be that center space where Reasonable Mind and Emotion Mind not only meet one another - but overlap in the middle (*the middle way, the middle path*). It is the combining, synthesis, blending, unifying, fusing, integrating, and balancing of the two separate states of mind to form *an entirely new state of mind*.

In Wise Mind it is possible to honor and accept our emotions while taking the facts into account. Wise Mind seeks the most effective balance of emotion and logic to help us weigh our options as we identify solutions and problem solve. This in turn can lead one to act in a rational manner that will help to accomplish goals while still acknowledging and respecting our feelings.

Once again, if we return to our Star Trek personalities as examples of the states of mind - Captain Kirk is an example of someone who usually acts in Wise Mind. He is able to bring together the best of *Reasonable Mind* and *Emotional Mind* making it *possible for him to grasp the bigger picture, rather than just its parts, considering many different perspectives of a situation*

Who is the wisest person you know personally; the person you would most likely turn to for advice about a situation you are in? Is this a person that you would expect to help you balance the facts of the situation with your feelings - while reminding you of the things that are the most important to you as a person?

INTUITION

While Wise Mind is the combination of Emotion Mind and Reasonable Mind it is something beyond that too. *It is that part of the mind that can know and experience truth*. Wise Mind is the part of a person that just knows when something is true or valid. It is able to see something more directly and clearly.

Frequently when people attempt to describe Wise Mind, it is described as; *a place of knowing what is best for us* - that has always just been there. Wise Mind is where a person knows something in a centered way. When in Wise Mind, we just sense (intuitively feel) that we are making the best decision and doing the right thing - *that we are acting in line with our values*.

This deep sense of intuitive knowing is the core sense of Wise Mind. Wise Mind's intuition goes beyond reason and what is perceived by the senses. This deep-seated intuition is created from knowing something through *the integration of all the ways possible to know it*. It comes from integrating *immediate cognition*; knowledge through *observation, logical analysis, direct experience, sensory experience - with grasping and understanding the truth, meaning, and significance of an event needed to analyze it intellectually*.

Wise Mind is able to help us make difficult decisions from a sense of knowing - that is personal and unique to us. Many people describe it as an "**Aha! moment**", or "*I just knew*". Some might describe it as a "sixth sense" or "women's intuition". Some could even say "It came to me in a dream" but no matter how it is described, it is that clear intuitive awareness of what needs to be done.

EXPERIENCING WISE MIND

There are different ways that a person may experience Wise Mind:

Some describe it as that still, quiet, small voice inside their mind that *knows what is best*. Even if a choice is made to not listen to what that voice has to say, it will continue to quietly persist in making known its truth and wisdom.

Others describe it as; *a quiet place within that offers a certain type of peace*. This peace is like the calm that follows the storm. It could be the calm experience that immediately follows a crisis or period of extreme chaos. Suddenly seeing and knowing a solution clearly and directly, getting to the heart of a matter, can provide a feeling of extreme peace. It is “*feeling intuitively*” the right choice to solve a problem caused by grasping the whole picture - not only the parts that were previously understood. *It is a calm feeling that comes from deep within, not from an emotional state*. Wise Mind is that place of uniquely *knowing what feels right*.

Some people describe it as; *feeling centered* or *feeling grounded*.

Still others describe it as a physical sensation. Wise Mind is sometimes felt in the center of the body.

- When it is felt in the belly - it is frequently described as a “*gut feeling*” of what the best course of action would be.
- When it is felt in the chest - it can be explained as, “*I know in my heart what is the best thing to do*”.
- When it is felt in the center of the head - it could be explained simply as, “*I just suddenly knew what needed to be done*”.
- When felt between the eyes - someone might explain it as, “*I could see it clearly, I could envision the right course before me*”.

Wise Mind is something we find within ourselves. We all have the ability to access and harness that internal state of knowledge, its pure and loving wisdom.

RECOGNIZING WISE MIND

Wise Mind is the most difficult state of mind to accomplish. As with any new skill – *accessing, recognizing, and getting into the state of Wise Mind takes practice*.

It helps to remember that *everyone* moves between Reasonable Mind, Emotional Mind, and Wise Mind. Practice can begin with paying attention and becoming aware of which state you are more comfortable in. Which of the three do you spend most of your time in? Practice becoming aware of what the other two states of mind feel like, and how you respond to things in that state of mind. Start *noticing the differences*.

Think back to a time when you are pretty sure you were *not* in Wise Mind. Try to think about *what made you believe* that you were *not*. Then attempt to pinpoint a time that you felt pretty sure you *were* in Wise Mind. What was the difference that caused you to believe you were? What did it feel like?

EXERCISES TO FIND WISE MIND

I. Feel the Difference:

- 1) Think about, and *really focus on*, something that you know beyond a shadow of doubt to be absolutely true. Be mindful of your body while you focus on this thought. Pay attention to what your body feels while you focus on the thought of this absolute truth.

Now try to convince yourself that this truth is actually false. Tell yourself over and over again, “this is not true” - try to drill that lie into your mind. Be mindful once again of the sensations in your body. Notice and pay close attention to the differences between the physical sensations of attempting to convince yourself of an un-truth compared to those you felt while focusing on the truth. These sensations are one of the actions of Wise Mind attempting to protect you.

II. Focused Breath:

- 1) Get into a comfortable position that is conducive to mindfulness. Concentrate on your breathing - directing your conscious attention to your breath as you breathe in and out, feeling the sensations as the air fills - then exits your lungs.

Variation #1 When your lungs are fully extended with the intake of air, before releasing it, shift your focused attention to the center (belly) of your body, around the belly area, as you settle into the bottom of each breath.

Once you exhale the breath - but before taking in the next, shift your focused attention to the center of your forehead as you settle into the top of each breath. Pay attention to how you are able to consciously control the direction of your attention as you focus on the top and bottom of each breath.

Variation #2 As you are breathing mindfully, focus on the pause that occurs following the inhalation and exhalation of each breath. Pay close attention to the quiet and stillness that occurs within each pause. As you settle into those pauses at the top and bottom of each breath, try to become a part of that stillness within those pauses.

III. Focused Scripted Breathing:

- 1) **Variation #1** On those occasions when you are unable to maintain directed focus needed to concentrate on a visualization exercise, this exercise may be especially helpful. If you find that you are stuck in Emotion Mind, and feel overwhelmed, begin by *simply noticing and acknowledging* that you are in an intensely emotional place.

Turn your focus away from your emotions and direct it towards your breath. Inhale: as the air enters your lungs - mentally say the word “*wise*”. Exhale: as you expel that breath, say the word “*mind*” to yourself. Direct your entire attention on those words as you concentrate on your breathing. *Allow yourself* to settle back into a place of calmness and wisdom.

Variation #2 When facing a specific dilemma and searching for a *Wise Mind solution*, the following exercise may be useful; Breath in a question (*concerning the situation*) **SLOWLY**. As you **SLOWLY** exhale - pay close attention to what murmurs through your mind as you *gently listen for an answer*. **Don't** rush the answer - let it reveal itself. **Don't** attempt to run from the answer in order to avoid any discomfort that may follow an answer we may not like. Calmly stand brave, as the answer reveals itself.

Accessing Wise Mind takes practice. It is like any other skill one might attempt to learn - in that while learning, it takes *concentration, determination* and *practice*. While there is much involved in *learning to find, listen to, and act in Wise Mind*, this will not be a lifelong struggle of focused, concentrated practice. *Through consistent, persistent practice of the new skills, they become second nature.*

Think back to when you learned to drive a car. There were so many small actions required, and so much you needed to remember to do and pay attention to, that most found it somewhat nerve wracking. The longer you drove - the less you had to consciously think of each individual action made. Those motions now come natural to you. *This is how it is with learning Wise Mind.*

LISTENING TO WISE MIND

Accessing and paying attention to our Wise Mind helps us to act in an effective manner that is in our best interest. We are able to honor and rely upon our gut feelings, instincts, and intuition to make wise choices - *that come from a whole centered place that is in alignment with what is the most important to ME / YOU.*

We can trust Wise Mind to make choices that are not only the most realistic, but that will be beneficial for us - and others around us. Wise Mind will weigh the pros and cons of a difficult decision, consider the emotional aspects of the situation then make a decision that is consistent with our personal values, leading to a life of meaning and contentment.

The more we listen to what Wise Mind tells us; we increase the likelihood that we will do what works, acting in the most efficient manner. We will also find that we become more willing to tolerate challenges and difficulties that present themselves along the way.

We may not always like what Wise Mind has to say - and may not want to do what Wise Mind knows is best. However, we are still aware of what Wise Mind is telling us. If we choose not to listen; keeping a log of our choice, then later adding to it the outcome of our decision (*to ignore the message Wise Mind attempted to tell us*), will help us discover more clearly the advantages using Wise Mind affords us.

One of DBT's primary goals is to tap into Wise Mind more often - finding that balance between emotion and logic, helping us make decisions that are healthy, helpful and productive ~ moving us closer to - *a life worth living.*

ASKING WISE MIND

Anytime you are in a stressful situation that requires you to respond, or to make a decision - ask yourself mindfully: "What is *Wise Mind* telling me is best?" "Which choice best honors both *the facts and my feelings?*"

If you ever experience any doubt - or even the slightest sense that what you are planning to do will cause you regret later; *pay attention, notice this and pause.* Before you go forward, take in a slow breath and ask yourself; "*Is my thought, decision, or action coming from Wise Mind?*"

Don't answer this yourself; *Just breathe and notice as the answer presents itself to you* - allowing it to rise naturally from within yourself. Quietly listen. Next, it is up to you to decide - whether or not to follow up on that answer in a way honors what *Wise Mind knows is best.*



REASONABLE MIND ALTERNATIVE WORKSHEET

Think back to a time when you made a decision from *Reasonable Mind*, that had undesired results, due to excluding all emotions from the problem-solving techniques.

1) What were the circumstances of that situation? _____

2) Do you remember what caused you to make that decision while in Reasonable Mind? _____

3) What were the results of this decision? _____

4) If you had made this decision from the Emotional Mind State, what do you think the decision would have been? _____

5) Do you think Emotion Mind would have been more effective at making the decision in this case? _____

6) How do you believe the results would have differed if Emotion Mind had made this decision? _____

7) If you had made this decision from Wise Mind, what do you think the decision would have been? _____

8) Do you think Wise Mind would have been more effective at making the decision in this case? _____

9) How do you believe the results would have differed if Wise Mind had made this decision? _____

10) Which state of mind do you feel would have made the most effective decision? _____

11) Why? _____



EMOTION MIND ALTERNATIVE WORKSHEET

Think back to a time when you made a decision from *Emotion Mind*, that had undesired results, due to excluding logic from the problem-solving techniques.

1) What were the circumstances of that situation? _____

2) Do you remember what caused you to make that decision while in Emotion Mind? _____

3) What were the results of this decision? _____

4) If you had made this decision from the Reasonable Mind State, what do you think the decision would have been? _____

5) Do you think Reasonable Mind would have been more effective at making the decision in this case? _____

6) How do you believe the results would have differed if Reasonable Mind had made this decision? _____

7) If you had made this decision from Wise Mind, what do you think the decision would have been? _____

8) Do you think Emotion Mind would have been more effective at making the decision in this case? _____

9) How do you believe the results would have differed if Wise Mind had made this decision? _____

10) Which state of mind do you feel would have made the most effective decision? _____

11) Why? _____



WISE MIND CONFIRMATION WORKSHEET

Think back to a time when you made a decision from *Wise Mind*, that had desirable results.

1) What were the circumstances of that situation? _____

2) What was the decision you made? _____

3) What lead you to believe you were in Wise Mind when you made that decision? _____

4) Do you remember any physical sensations you felt from Wise Mind expressing itself? _____

What did it feel like? _____

5) What were the results of making this decision from Wise Mind? _____

6) What do you think you would have decided if you had made that decision from Reasonable Mind?

7) What might have been the results, if you had made that decision instead? _____

8) What do you think you would have decided if you had made that decision from Emotion Mind?

9) What might have been the results, if you had made that decision instead? _____



IGNORING WISE MIND WORKSHEET

Think back to a time when you made a decision that went against Wise Mind, that brought about undesirable results.

1) What were the circumstances of that situation? _____

2) What was the decision you made? _____

4) Do you remember any physical sensations you felt from Wise Mind expressing itself? _____

What did it feel like? _____

5) Do you remember any physical experiences you felt after making the choice to ignore Wise Mind?

What did that feel like? _____

6) Did the decision you chose involve going against your personal values? _____

If yes, what did you feel with that? _____

7) What convinced you to ignore Wise Mind in this situation? _____

8) What were the results of making this decision in opposition to Wise Mind? _____

9) How do you believe the outcome could have been different if you had listened to and acted upon what Wise Mind was trying to tell you was the best solution? _____

10) How can you remind yourself of the results of ignoring Wise Mind the next time you are faced with a similar situation? _____



STATES OF MIND DIALOGUE WORKSHEET

Fill out this sheet to help you make a decision; this can be over a situation of little overall importance as long as the question involves both logic and emotion.

1) What is the dilemma you are seeking a solution to? _____

REASONABLE MIND

2) What does Reasonable Mind want / need out of the situation? _____

3) What decision would Reasonable Mind make in these circumstances to attempt to get its desired results?

4) What processes did Reasonable Mind use to come up with its suggested solution? _____

EMOTION MIND

5) What does Emotion Mind want / need out of the situation? _____

6) What decision would Emotion Mind make in these circumstances to attempt to get its desired results? _____

7) What emotions are involved that would affect how Emotion Mind would decide, if it alone were able to make that choice? _____

8) What would Emotion Mind say to Reasonable Mind concerning its choice of how to solve the problem?

WISE MIND

9) What decision would Wise Mind make in these circumstances to attempt to get the most effective results?

10) What factors would Wise Mind take into consideration while weighing the possible choices? _____

11) How would Wise Mind explain to Reasonable Mind the reason it would make the decision that would be chosen? _____

12) How would Wise Mind explain to Emotion Mind the reason it would make the decision that would be chosen? _____

FOLLOW UP:

Which state of mind did you decide from? _____

What were the final results? _____

