

Wise Mind Worksheet

The Wise Mind is a concept from Dialectical Behavior Therapy (DBT) that refers to a state of mind where emotional and rational thinking come together.

It involves finding a balance between our emotional experiences and logical reasoning.

1. Take a few deep breaths and find a quiet, comfortable space.
2. Draw two columns on a piece of paper or create a mental image of two columns.
3. In the first column, write down the emotions you are currently experiencing. Be descriptive and non-judgmental.
4. In the second column, write down the logical and rational thoughts that come to your mind related to the situation that is causing those emotions.
5. Reflect on each column and notice how your emotions and thoughts interact with one another. Are there any patterns or connections?
6. Now, imagine a third column in the middle, representing your Wise Mind. In this new column, write down thoughts or solutions that incorporate both your emotions and logical reasoning. Try to find a balanced perspective that acknowledges both aspects of your experience.

Use this Wise Mind perspective to problem-solve, make decisions, or gain insight into your current situation.

Emotions	Thoughts	Wise Mind

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