

Wise Mind

Wise Mind is a concept from dialectical behavioral therapy. It maintains that you must have a balance of logic and emotion to have a healthy perspective of the challenges you face in life. Too much of one or the other can cause consequences in how you react to the challenges.

In order to know how to react to challenges, you must learn how to use the Wise Mind, by reflecting on your Reasonable Mind, and your Emotional Mind.

Directions: Follow the steps below to complete the Venn diagram.

1. Under **Reasonable Mind**, write the objective facts you observe about the challenge you face.
2. Under **Emotional Mind**, write how you perceive this challenge reflects onto you, and how you are feeling about being faced with the challenge.
3. Under **Wise Mind**, reflect on what you wrote for the Reasonable Mind and the Emotional Mind to find balance between the two. Merge the objective facts and how you perceive your role in the challenge to find a balanced resolution.

