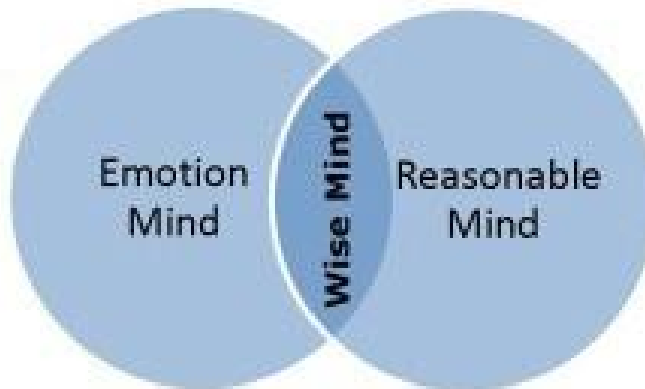


## Wise Mind Worksheet

Wise Mind (*Linehan 1993*) is the part of our mind where 'Emotion Mind' (thoughts based on distressing feelings) and 'Reasonable Mind' (rational thoughts) merge together. Wise Mind helps us make sense of our thoughts and feelings, and come up with a balanced and wise response, so that the needs of both Reasonable Mind (what I should do) and Emotion Mind (what I want to do) are met (Yes, Reasonable Mind is right, but Emotional Mind needs to be soothed...). Usually quietly calm, it's that wise inner part of us that just 'knows' what is true or valid. You can personalize the name, such as: 'clear mind' or 'kind mind'.



### Emotional Thoughts

Based on and driven by our opinions and personal interpretations of events. What went through my mind? What disturbed me? What is it that is making me feel this way? What am I reacting to? What's the worst thing about that, or the worst thing that could happen? What do I want to do or to happen? What am I feeling?

### Rational Thoughts

Based on factual evidence. What would be more reasonable? What am I thinking I should do? What advice would I give to a friend, or what would a caring friend say to me? Is this really as important as it seems? What evidence is there about what I think is likely to happen? What are the facts? I've felt this way before and I've got through it.

### Wise Mind

STOP! Take a breath. What does Wise Mind make of this? What's the bigger picture? What will the consequences of my reaction be? (short and long term) What's going to be the best response to this situation - best for me, for others, for the situation. What will be most helpful and effective, all things considered?