FREE WORKSHEET · THOUGHTS & FEELINGS

Wise Mind

Find the place between pure emotion and pure logic

Dialectical behaviour therapy, developed by the psychologist Marsha Linehan, describes three states of mind. Emotion mind is driven by how we feel. Reasonable mind is driven by facts and logic. Wise mind is where the two overlap: we know how we feel, we know the facts, and we can choose what to do.

Neither emotion nor logic is wrong. Problems come when one takes over completely.

IF YOU NEED HELP NOW

If there is an immediate risk to life, call **999**. The Samaritans are available free, 24 hours a day, on **116 123**. In England, NHS 111 (option 2) connects to an urgent mental health service.

01

Three states of mind

	WHAT IT IS LIKE	HOW IT CAN SOUND
Emotion mind	Feelings are in charge. Hot, urgent, hard to think past.	"I can't stand this, I have to do something now."
Reasonable mind	Facts and logic are in charge. Cool, detached, feelings pushed aside.	"It doesn't matter how I feel. Just get on with it."
Wise mind	Both are present. You know what you feel and what is true.	"I'm really upset, and I know what matters here. I'll wait before I reply."

Wise mind often feels like a quiet sense of knowing, rather than a rush or a calculation. Most people recognise it once they look for it.

02

Finding wise mind

Pause

Stop before acting. Take a slow breath out.

Notice the emotion

What am I feeling, and how strongly?

Notice the facts

What do I actually know? What am I assuming?

Ask wise mind

Taking both into account, what is the wise thing to do?

Try it on a decision you are facing.

EMOTION MIND SAYS	REASONABLE MIND SAYS	WISE MIND SAYS

EXERCISE

Reflect

1. Which mind do I tend to get stuck in, and when?

2. A time I acted from wise mind. What helped?