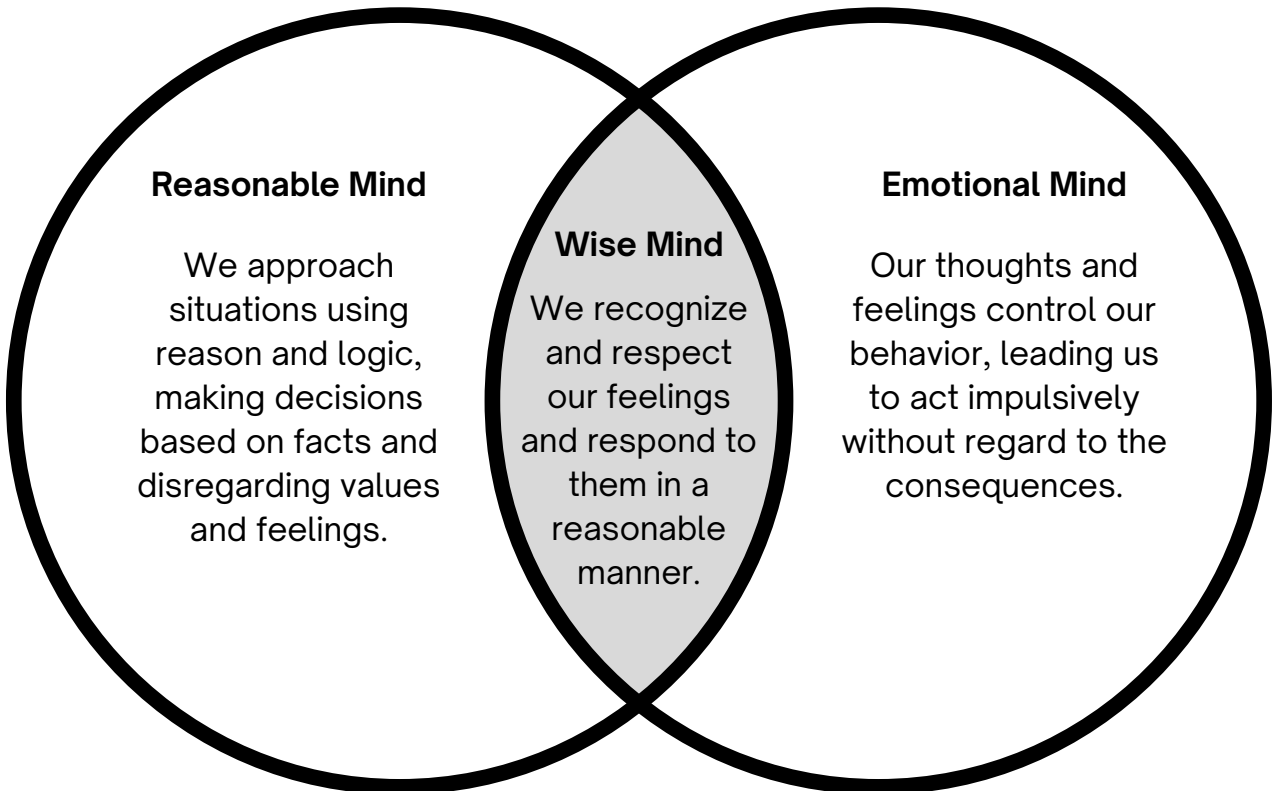


“Wise Mind” Exercise

When people struggle with emotional distress, they often get stuck in the “Emotional Mind”



What does it look like when you are operating from your Emotional Mind?

What does it look like when you are operating from your Reasonable Mind?

What one thing can I do/start doing today to help me to respond and operate from my “Wise Mind?”

“Wise Mind” Exercise Cont.

Think about a recent situation during which you did not respond with your “Wise Mind” and reflect on the following question.

Describe the situation. Was your reaction/response from your Rational or Emotional Mind?

Describe your response. What did you think, feel, and do?

What would it have looked like if you had been operating from your Wise Mind? What would you have thought, felt, and done?

What can you change going forward? How can you recognize which “mind” you are operating from and what can you do to switch gears?



Tips For Using Your “Wise Mind”

Pause

Stop before reacting

Take a few deep breaths

Notice your emotions

Name what you’re feeling

Don’t judge your emotions

Check the facts

What is true?

Consider your goals

What outcome do you want?

Respond, don’t react

Speak or act from a calm, balanced place