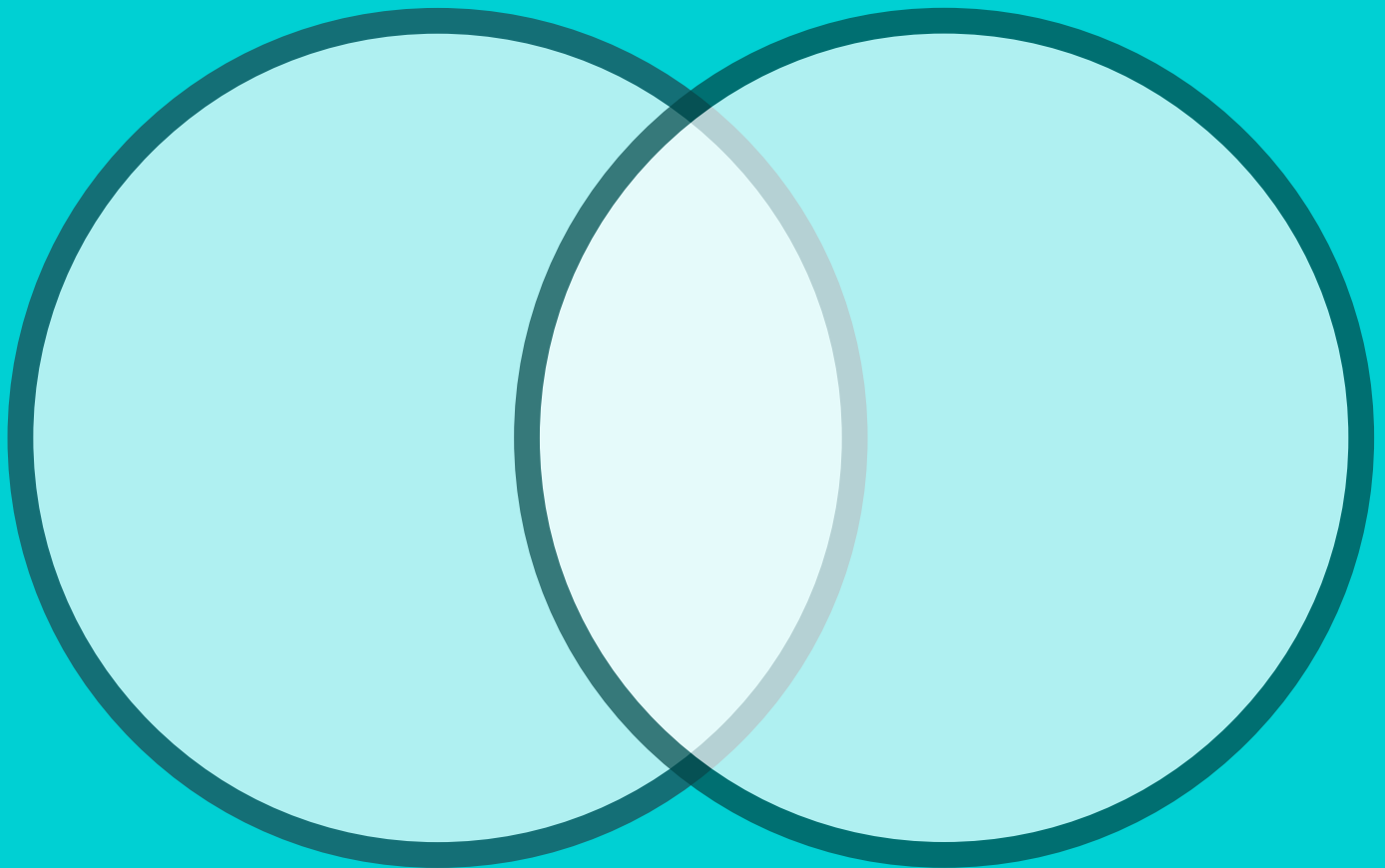
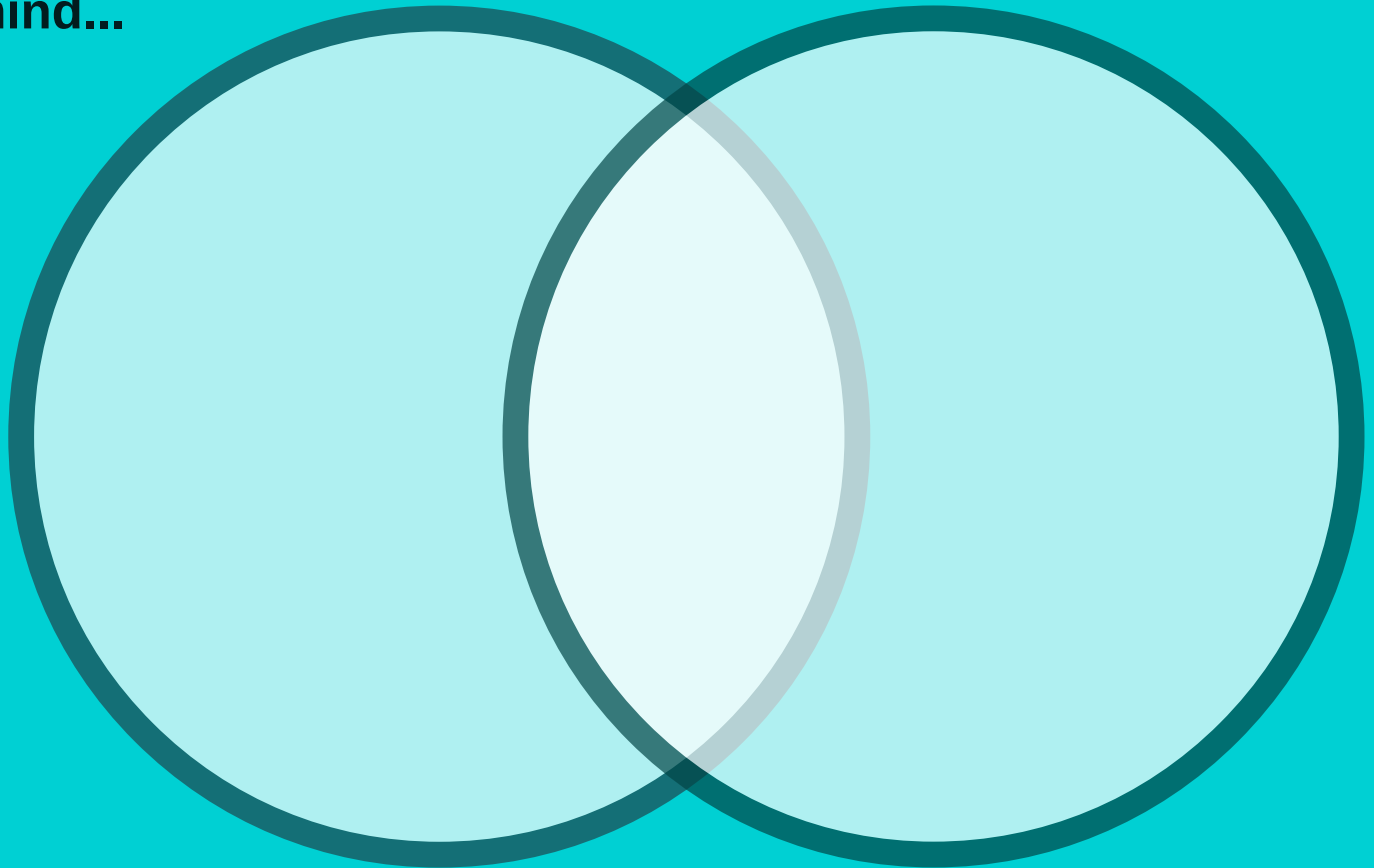


What is Wise Mind?



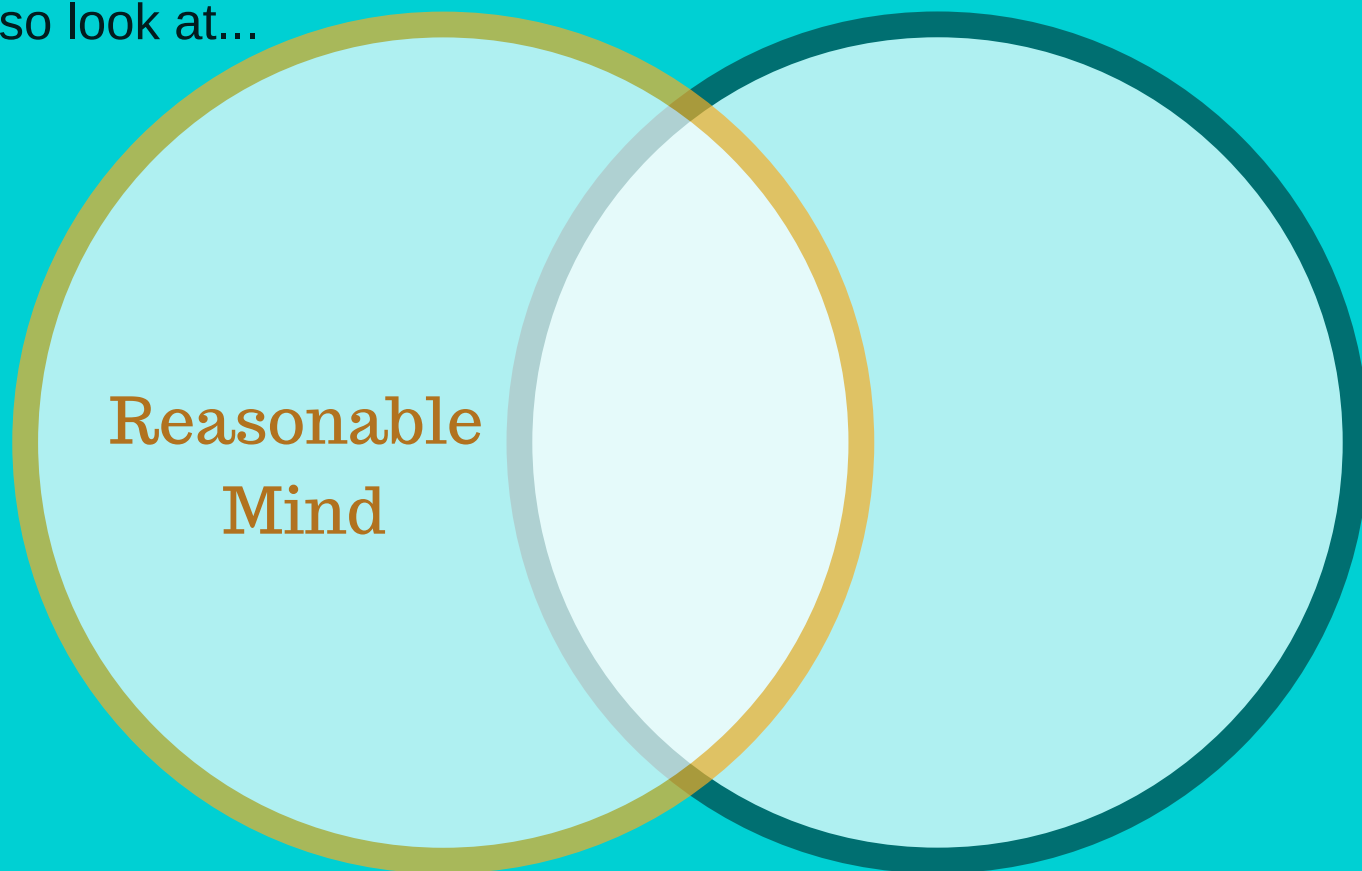
Mindfulness - as taught in Dialectical Behavior Therapy - helps us understand that there are three states of mind, (which is to say three ways of looking at things).

Understanding these three states of mind can give you perspective when looking at a specific problem or when you are feeling stuck. Try it out. See what comes to mind when you look at a problem through the three states of mind...

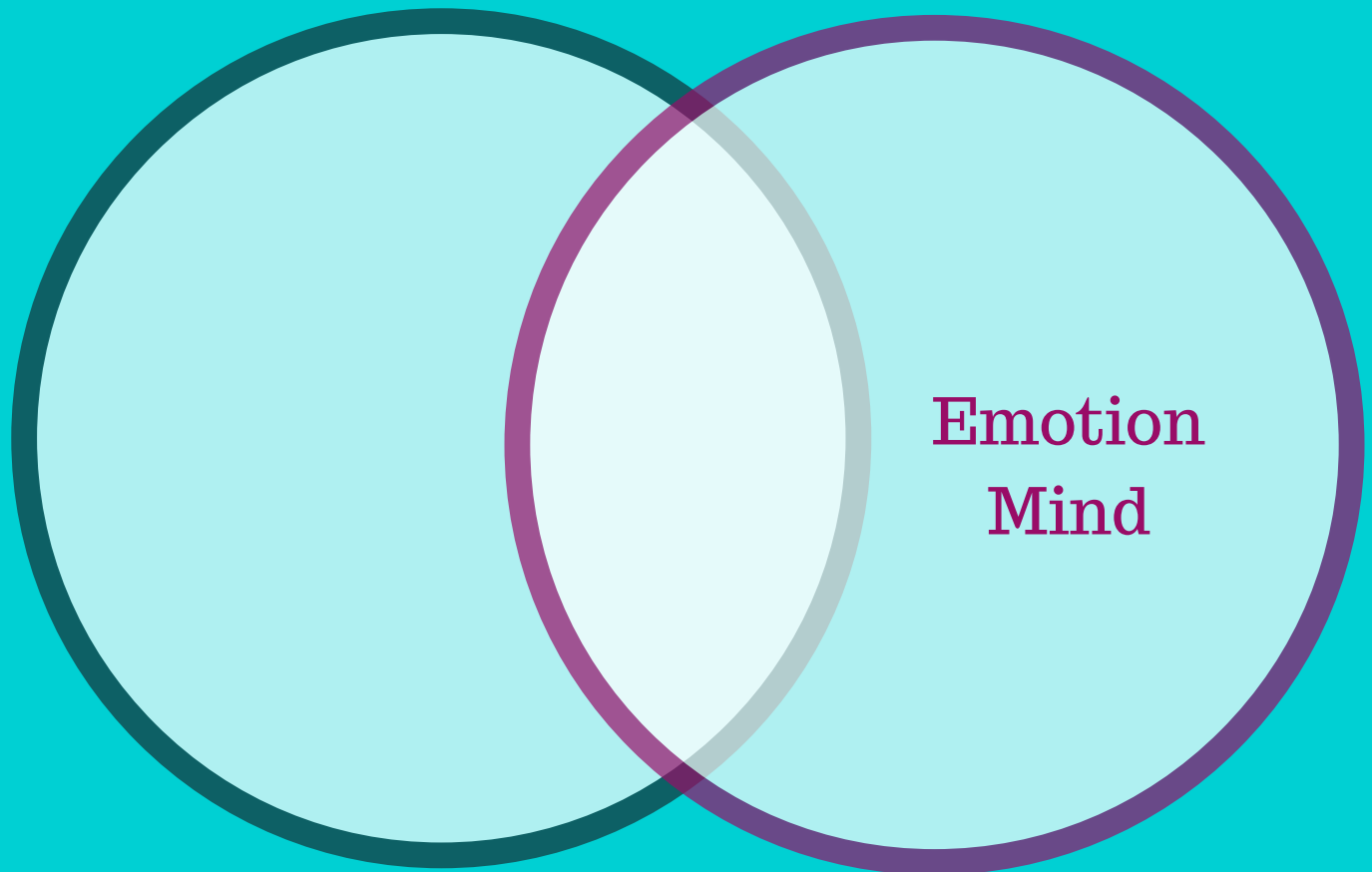


@therapyforreallife

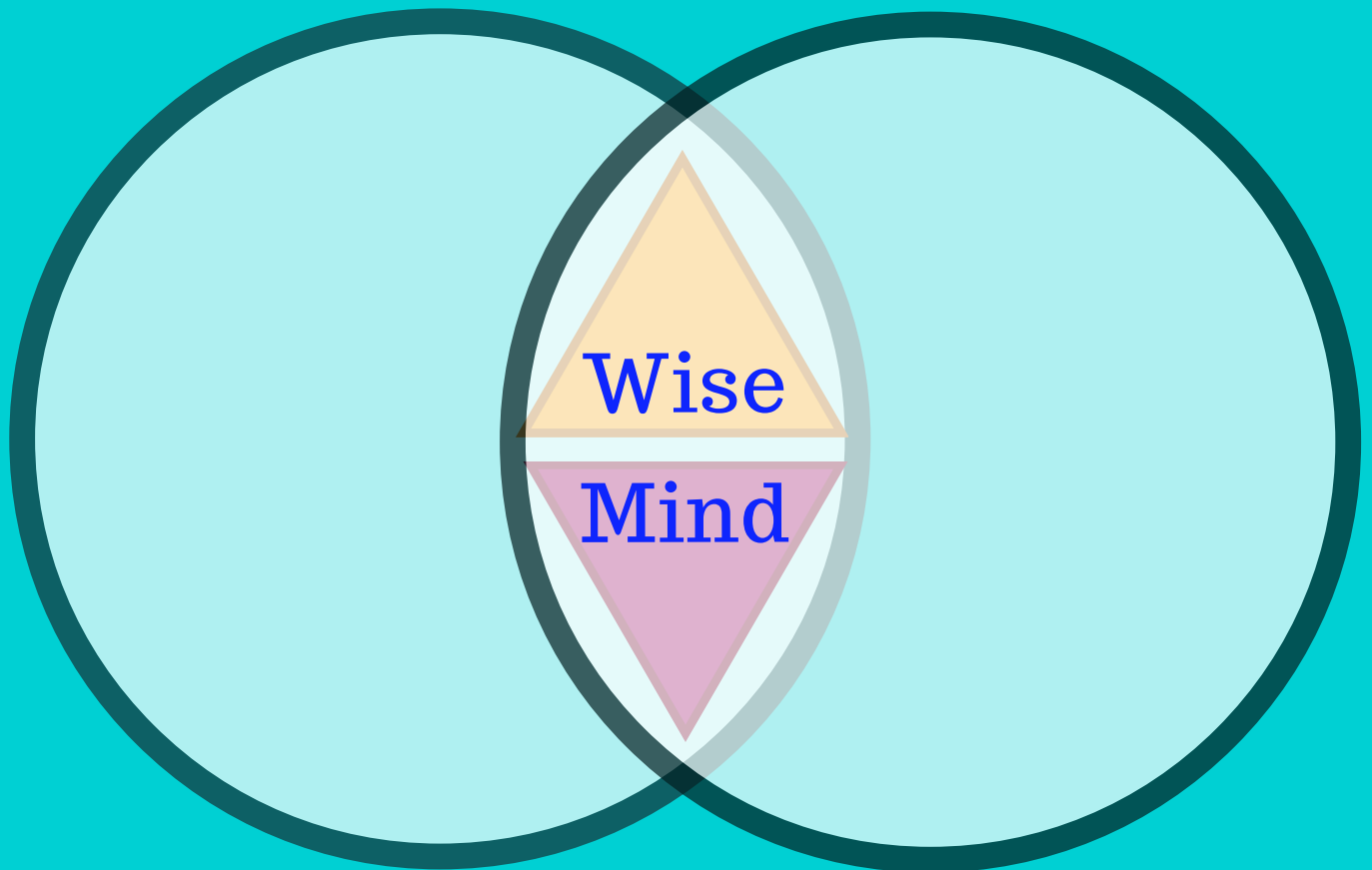
Reasonable Mind - is the state of mind that is logical and scientific. It is concrete evidence mode. **Reasonable mind might help you** do things like fill out your taxes, follow a recipe, consider pros and cons, and fill out a spreadsheet. Reasonable mind is known for being "cool-headed" - and yet... If you get **stuck in reasonable mind** you might just over-analyze, miss the point, or ignore other important considerations. This is why we also look at...



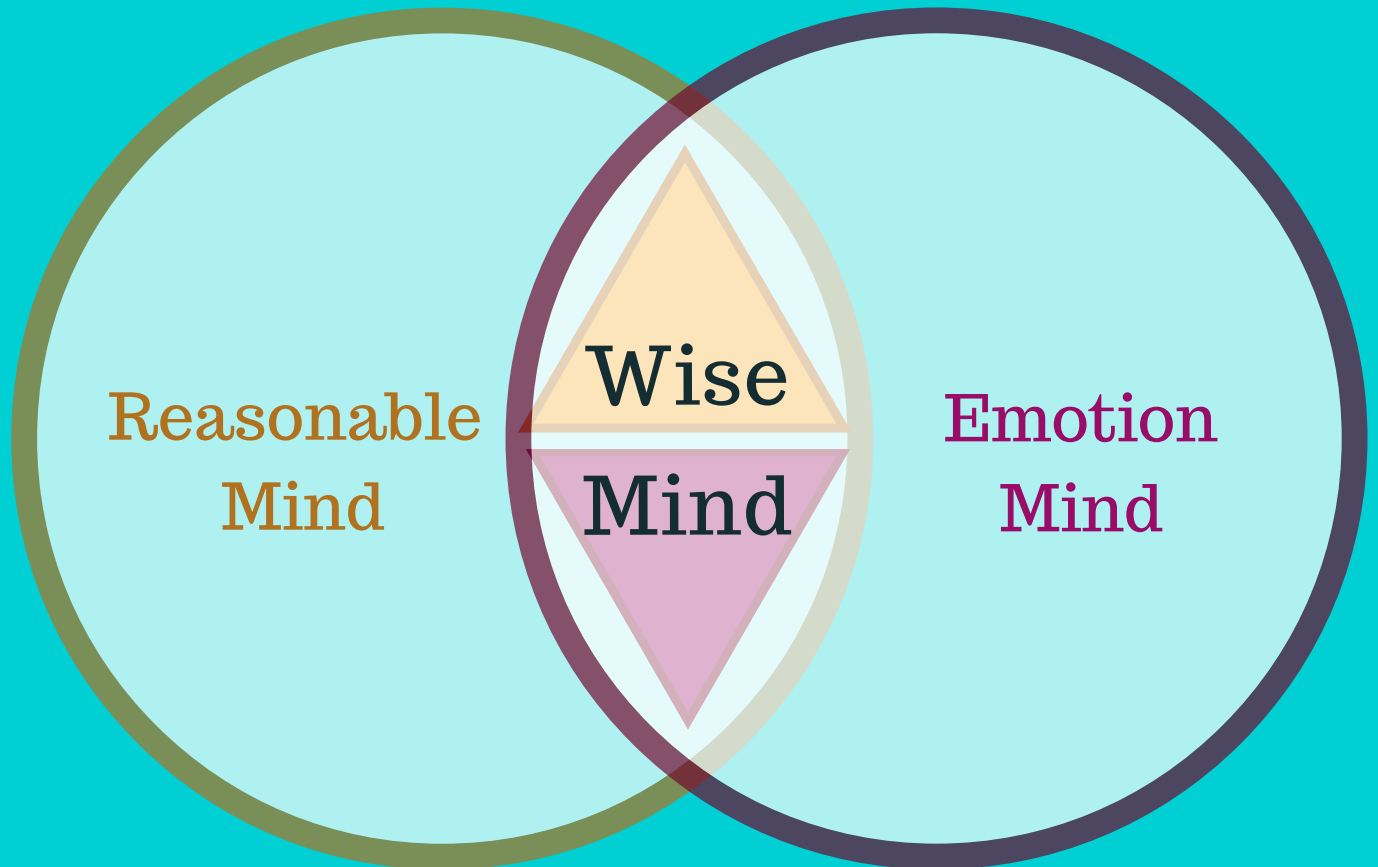
Emotion Mind - is exactly what it sounds like - you are fully immersed in emotion. Emotions are discounted in most cultures, yet **emotions are very important to keep us safe, make us aware of our preferences, and bond us with loved ones.** Emotions motivate behavior and communicate our needs (whether we like it or not), which is why it can be extremely helpful to **tune into emotions** rather than avoiding them. Still, **getting stuck in Emotion Mind can feel out of control...**



Wise Mind is the unique combination of Reasonable Mind and Emotion Mind that **only you can tap into** in any given situation, drawing from your own unique point of view. Wise Mind helps us make difficult decisions and is **a sense of knowing that is very personal and unique**. Wise Mind is described many different ways. Perhaps, you've heard of it as is an *"aHA! moment"*, *"mother's intuition," "I just knew," "a sixth sense"* or *"It came to me in a dream."* Wise Mind is often a sensation in the body, a centering, a settling, or even a sense of new awareness.



How to Access Wise Mind



Some individuals worry that they don't have Wise Mind... perhaps, even, that they are the only one who doesn't. The truth is that we all have Wise Mind, but we may need practice in accessing it.

Accessing Wise Mind happens (like anything) with practice. The best way to understand Wise Mind, which can feel very abstract, is to **think of a time when you believe you acted in Wise Mind.**

How could you tell? What did that feel like?

Despite any good or bad that came from a decision, *what made it Wise Mind anyway?* It is also helpful to think of times when you're pretty sure you did NOT act on Wise Mind. How can you tell?

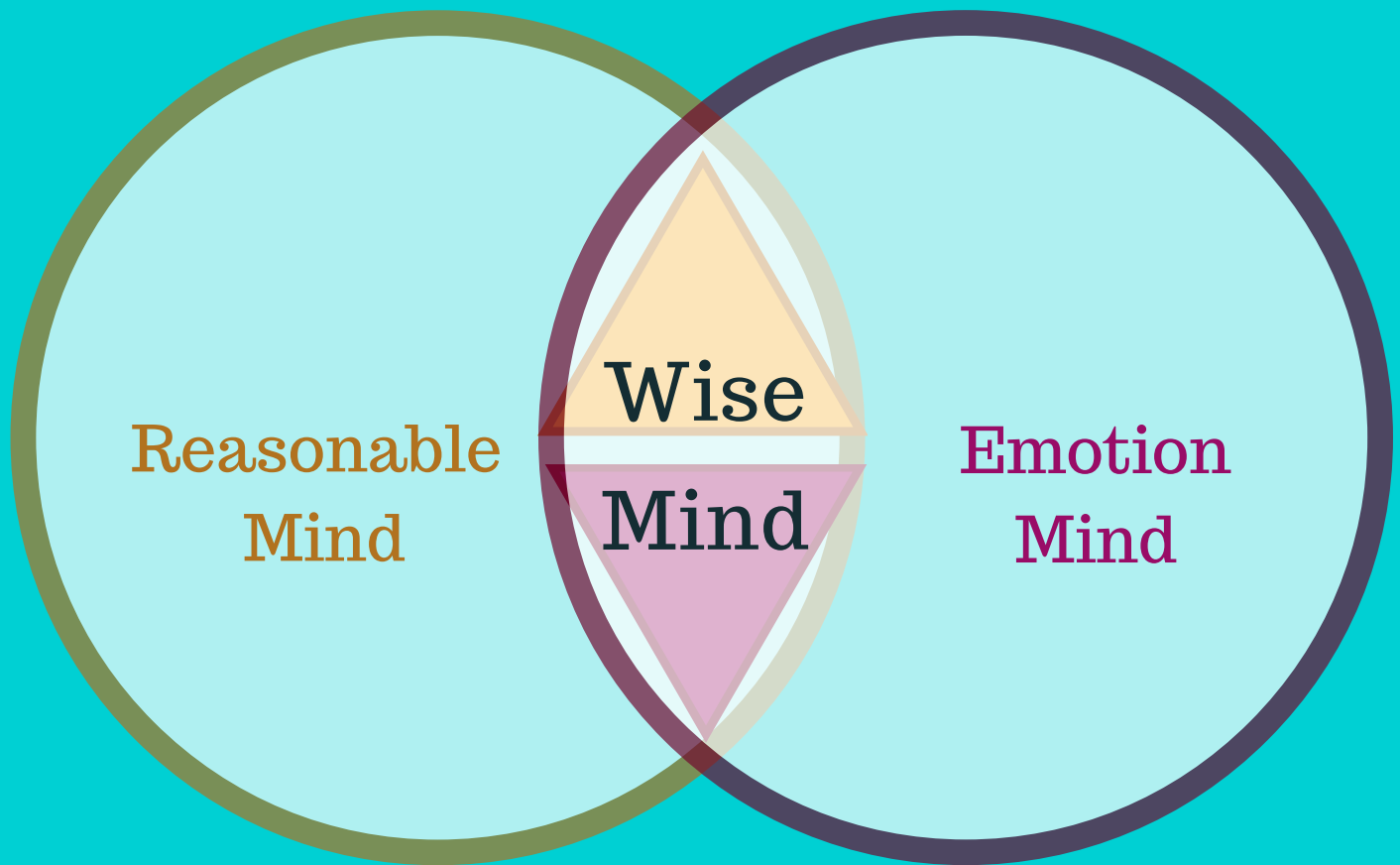
Starting to **notice the difference?**

That's Wise Mind.

More Ways to Practice Wise Mind

- Focus your attention on one issue and then slowly, slowly see how far you can **expand your awareness** out into the infinite context of this issue. Pay attention to what you notice when perspective settles in.
- **Breathe in a question slowly**, and pay attention closely to what percolates as you exhale slowly, gently listening for an answer. Continue to breathe in the question, surfing the urge to compel an answer, run away from the discomfort of not knowing, or disliking the answer that comes. Hold space for the question with brave curiosity.
- **Think of something that you absolutely-without-question know to be true.** Be mindful for a moment while you notice what the body feels with the thought of this truth. Now, try telling yourself the lie that this truth is actually false. Say the lie over and over again. Tune in: **What does that sensation of un-truth feel like?** This is how Wise Mind keeps you safe.
- Connect with **your unique perspective on any issue.** Consider the reasonable... the emotional... and meditate on your unique synthesis of understanding on this issue.

**Go ahead... See what happens
when you practice getting in touch
with Wise Mind now.**



Wise Mind and the Three States of Mind are mindfulness concepts drawn and adapted from Marsha Linehan's 2015 DBT Skills Training Manual