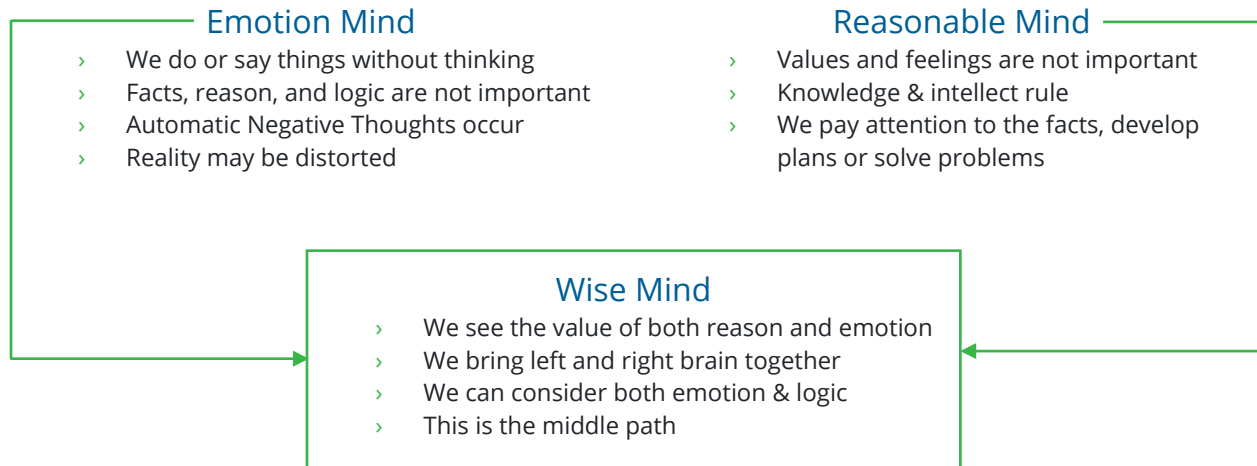


“Wise Mind” Skill

Wise mind uses some input from emotion mind and some input from reasonable mind. It adds intuitive knowing. It focuses on getting things done. It focuses on the experience. It does not judge.



Practice

Instructions: During the week, when situations arise practice the Wise Mind skill, and document the circumstances below.

Situation 1:

Describe the situation:

What unpleasant emotion(s) did you have in Emotion Mind?

What thoughts occurred in your Logic Mind?

How did Wise Mind bring both Emotion and Logic Mind together and add intuitive knowing?

Continue to the next page...



“Wise Mind” Skill

Instructions: During the week, when situations arise practice the Wise Mind skill, and document the circumstances below.

Situation 2:

Describe the situation:

What unpleasant emotion(s) did you have in Emotion Mind?

What thoughts occurred in your Logic Mind?

How did Wise Mind bring both Emotion and Logic Mind together and add intuitive knowing?

Situation 3:

Describe the situation:

What unpleasant emotion(s) did you have in Emotion Mind?

What thoughts occurred in your Logic Mind?

How did Wise Mind bring both Emotion and Logic Mind together and add intuitive knowing?
