

Wise Mind

WISE MIND is*:

- The wisdom within each person
- Seeing the value of both reason & emotion
- Bringing left brain & right brain together
- The middle path

I'm in WISE MIND when I'm:

- Validating
- Dialectic
- Balanced
- Flexible
- Accepting
- Using perspective
- Seeing the machinery running
- Using perspective
- Considering short- AND long-term
- Calm (even when experiencing emotions)

THINKING MIND

THINKING MIND is*:

- Cool
- Rational
- Task-focused
- When in thinking mind, you are ruled by facts, reason, logic, & pragmatics. Values & feelings are not important.

I'm in THINKING MIND when I'm:

- Problem-solving
- Planning
- On-task
- Getting stuff done
- Focused
- Judging
- Insistent
- Frantic
- Interpreting
- Controlling
- Making meaning
- Ignoring emotions
- Ignoring body's needs

EMOTION MIND

EMOTION MIND is*:

- Hot
- Mood-dependent
- Emotion-focused
- When in emotion mind, you are ruled by your moods, feelings, & urges to do or say things. Facts, reason, & logic are not important.

I'm in EMOTION MIND when I'm:

- Black/white perspective
- Considering short-term only
- Reactive
- Assigning blame
- Mind-reading
- Overgeneralizing
- Catastrophizing
- Feeling out of control, desperate, &/or urgent
- Having extreme &/or manic emotions like:
 - Anticipation
 - Sadness/hurt
 - Happiness
 - Euphoria
 - Anger
 - Love
 - Fear