Wise Mind Worksheet

DBT mindfulness: find the place where emotion mind and reasonable mind overlap.

Name _____ Date _____

1. Where am I right now?

Emotion mind (feelings driving), reasonable mind (pure logic, feelings pushed aside), or wise mind (both)?

2. If emotion mind: the emotion

What I feel, what it urges me to do, and the story it's telling.

3. If reasonable mind: what I'm ignoring

The feelings I'm pushing aside, the intuition I'm overriding.

4. Wise mind questions

What do I know in my gut? What would I tell a friend? What choice will I be at peace with tomorrow?

5. The wise mind response

It acknowledges my feelings and accounts for the facts.

6. Practice

Stone on the lake, or breathing into wise mind. What I noticed:

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Log Wise Mind on your DBT Pal diary card each time you use it. Free for iPhone and Android: dbtpal.app/get?c=pdf-wise-mind