

## Wise Mind Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

In the space provided below, note down an example (or examples) of times you have experienced each of the three states of mind- Emotional; when feelings, moods, and emotions govern your decision making, Reasonable; when logic, facts and reason govern your decision making, and Wise mind; a combination of the emotional and reasonable minds to access the wisdom within you.

**Emotional mind:**

**Wise mind:**

**Reasonable mind:**

Adapted from: Linehan, Marsha M., (2015) DBT Skills Training Manual (2nd Ed) New York: The Guilford Press