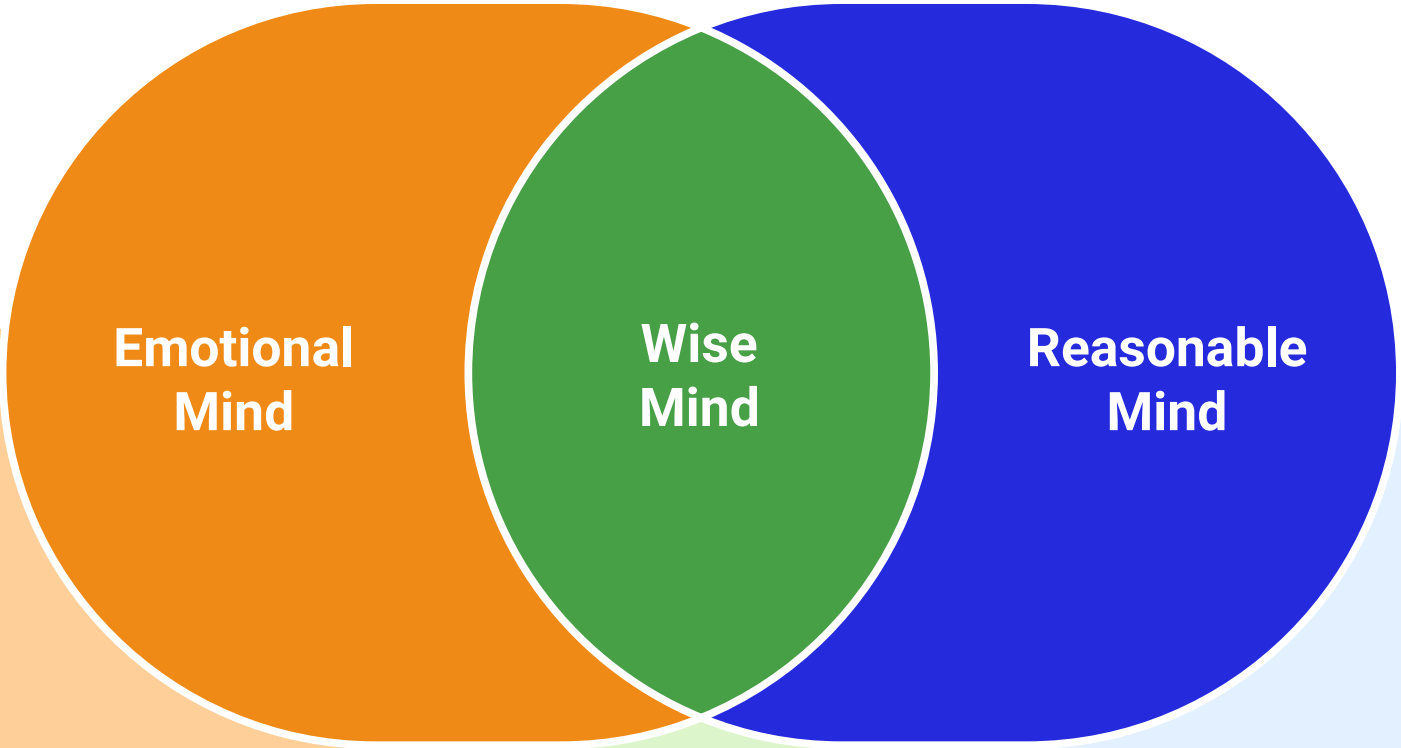
Wise Mind

DBT skill

Life's challenges require you to draw on both emotion and reason. Relying too much on just one of these creates an imbalanced perspective. **Wise mind** balances emotion and reason, helping you make healthy decisions and lead a fulfilling life.



Emotional mind is when feelings alone determine your decisions and behavior. You listen to your emotions, but you might act impulsively, without regard for consequences. You might ignore important facts.

Examples

In a disagreement with your partner, you lash out at them, shut down, or wallow in hopelessness.

After you lose your job, you isolate for weeks and tell yourself you'll never find another job.

Wise mind is when you synthesize emotions and reason. You recognize and respect your feelings while responding to them in a rational way.

Examples

In a disagreement with your partner, you recognize how you feel, ask how they feel, and try to problem-solve.

After you lose your job, you let yourself feel sad and upset before starting a new job search.

Reasonable mind is when you approach a situation intellectually, without regard for emotions. You make decisions based on facts, but may ignore your preferences. You might do what you think you "should" do.

Examples

In a disagreement with your partner, you push away your emotions and just state the facts of the situation.

After you lose your job, you pretend you don't feel upset and immediately dive into a new job search.

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