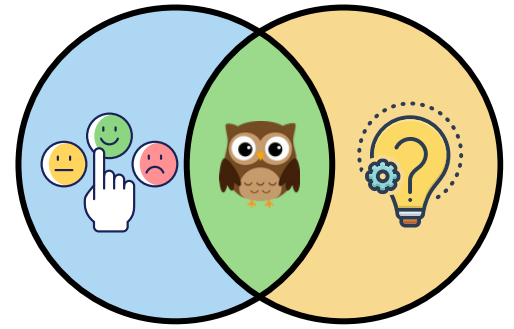


Wise Mind



Your mind has 3 states: the Reasonable mind, the Emotional mind, and the Wise Mind. The Wise Mind is the balanced part that helps us stand back and see the bigger picture.

What is the situation / challenge you are facing?

Emotional Mind

Driven by opinions and personal interpretations.
What is going through your mind? What is making you feel this way? What am I reacting to? What am I feeling? What's the worst thing about this?

Reasonable Mind

Based on factual evidence.
What would be a more reasonable or rational thought? What advice would I give to a friend? What evidence is there that the what I am thinking will happen? What advice would my friends give me?

Wise Mind

The balance in the middle. Weighs up both minds.
What's the bigger picture? What will the consequences of my reaction be? What is the best response to this situation for myself? for others? for the situation? What is going to be the most helpful and effective strategy to use?