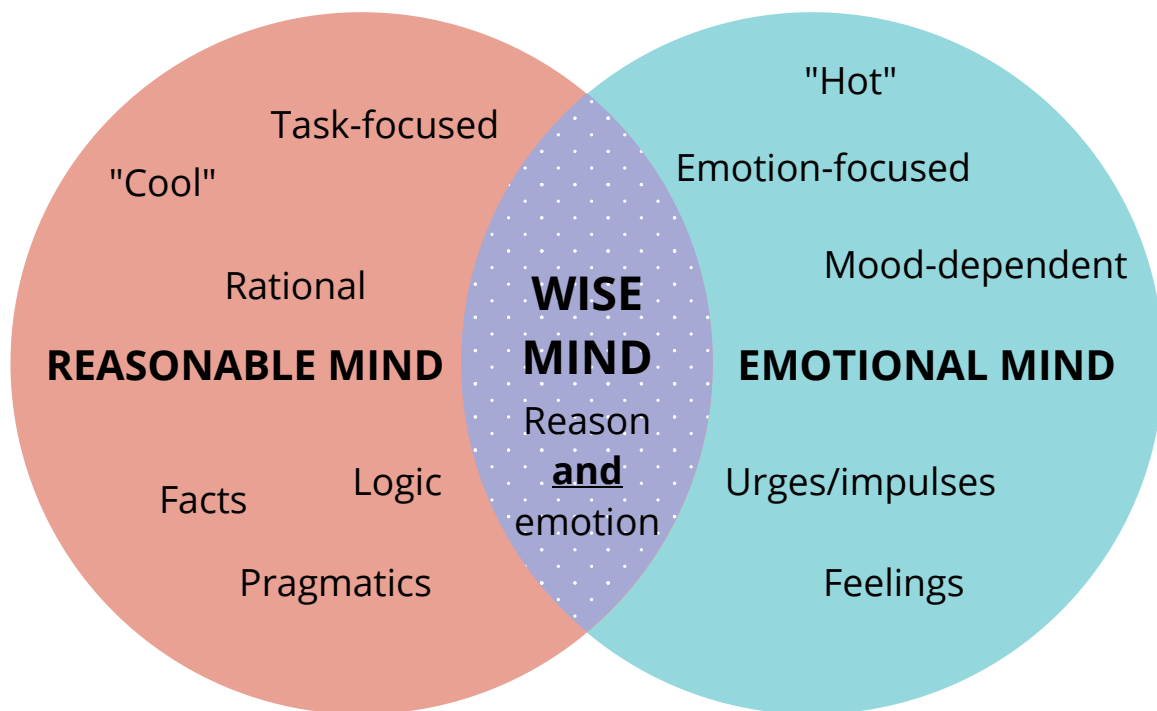




In DBT there are three states of the mind: the reasonable mind, the emotional mind, and the wise mind. You possess all of these: but which do you tend towards in different situations? Awareness of our tendencies and mindfulness practices can help us understand our own mind and can help us make balanced decisions.



Think of a recent stressful or difficult situation you experienced. What happened?



Reflect on the response from each mind state, even if it wasn't the one you acted on.
How might each one have told you how to respond?

Reasonable mind	
Emotional mind	
Wise mind	

How would you respond to this situation in the future?
Is this similar or different to how you actually responded?

Wagner, E. E., Rathus, J. H., & Miller, A. L. (2006). Mindfulness in dialectical behavior therapy (DBT) for adolescents. Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications, 167-189.