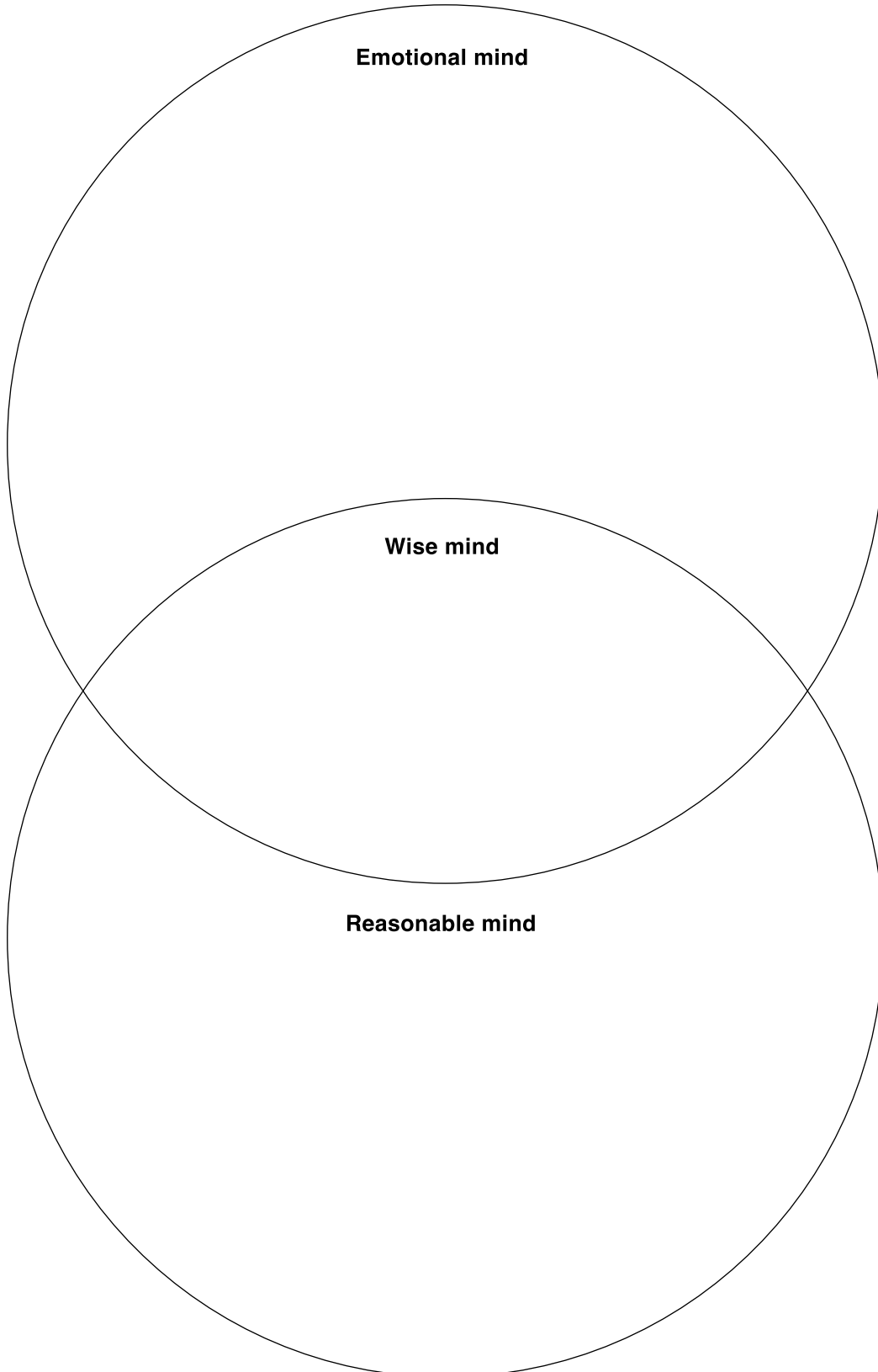


# Wise Mind Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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.



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