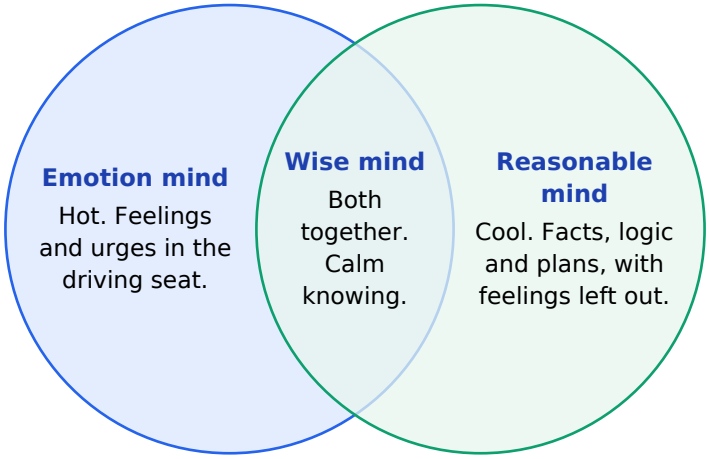
# Wise mind

Emotion mind, reasonable mind and wise mind, and how to find the third.

We can be in three states of mind. None is bad. Trouble comes when one of the first two is in sole charge.




**In emotion mind**
I act on impulse. Facts get bent to fit the feeling. "I feel it, so it is true."

**In reasonable mind**
I am practical and detached. I may ignore what I or others feel and need.

Wise mind takes both into account. It is the part of you that knows what is true and what matters, even when it is hard. Everyone has it, but it is easy to miss.

## Ways to find it

- **Pause and breathe.** Follow your breath down to the bottom of the out-breath and rest your attention there.
- **Ask.** "What would my wise mind say about this?" Then wait and listen. Do not force an answer.
- **Check the body.** Wise mind decisions tend to come with a sense of settling, even when they are difficult.
- **Sleep on it.** If the answer changes with your mood, it is not wise mind yet.

**A decision or situation I am facing**

**Emotion mind says**

**Reasonable mind says**

**Wise mind says**

*Wise mind is a core idea in Dialectical Behaviour Therapy (DBT), developed by Marsha Linehan.*

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