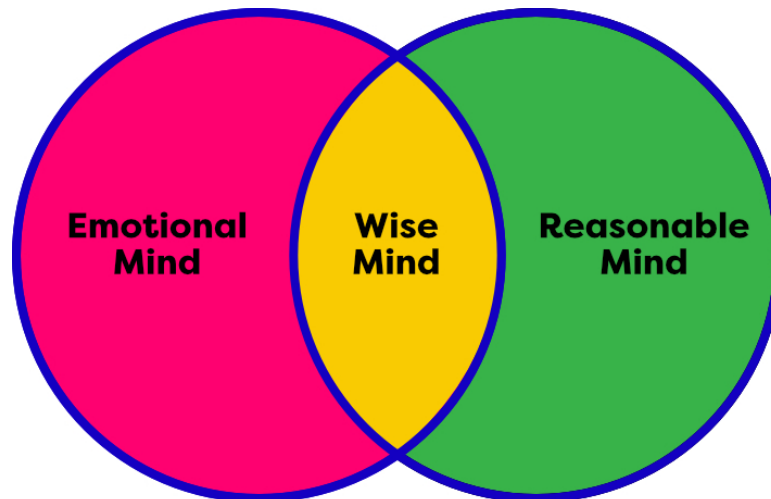


The WISE Mind

Your mind has three states: The **reasonable mind**, the **emotional mind**, and the **wise mind**. Everyone has these three states of mind and all of them can be helpful in different situations. Most people use either their reasonable mind and emotional mind. The **wise mind** is the balance between the two!



The **emotional mind** is the place of feelings, where emotions determine an individual's thoughts and behaviors. People who act out of emotional brain are usually very reactive to situations. The emotional mind doesn't necessarily work with facts, but it generally works on what it believes the truth is and what it thinks the truth might be.

- Reactional
- Unreliable
- Compassionate
- Subjective
- Erratic
- Inconsistent

The **wise mind** is the balance between the emotional mind and the reasonable mind. It exists when an individual can recognize and respect their feelings but is still able to respond to them rationally and maturely. The wise mind can be understanding and grasp the bigger picture.

- Insightful
- Truth Focused
- Understanding
- Objective
- Reflective
- Intuitive

The **reasonable mind** relies on information and facts. It can be 'unfeeling', even cruel. It is often uncompromising and follows rules. They are usually opinionated thinkers who focus more on what's right and what's wrong and cushion their arguments and opinions with facts and information.

- Opinionated
- Information
- Rational
- Detail Orientated
- Right & Wrong
- Rigid thinking
- Reasoning

Using our Wise Mind is about finding the balance between our emotional mind and our reasonable mind, this can take practice and learning through experience. By reflecting on our own interactions, we can become more mindful of our balance and which 'mind' we use in certain situations.

Our intuition or 'gut feeling' can help steer us toward wise mind. When we experience uncomfortable emotions (anxiety, depression, anger, shame, guilt etc.) it can make us feel out of control and we could lose our balance. We can learn to activate the wise mind to regain and maintain balance.

As our wise mind develops, we naturally and gradually develop a sense of inner confidence to move through the challenging moments. We can still make mistakes or lose our balance, but we will maintain our sense of perspective and be quicker to regain balance.

Benefits to the 'Wise Mind'

- Maintain or regain calmness when confronted.
- Understand how to self-regulate emotions when dealing with internal or external conflicts.
- Help to find clarity in our choices when we feel confused
- Be sensitive to others in our decision making
- Improve our wellbeing and quality of life.
- Increased capacity to identify and understand our beliefs, thoughts, feelings and habits.
- Emotional resilience when dealing with day-to-day stress and painful life events.
- Interpersonal and emotional intelligence.



How do we get to the wise mind?

We can learn how to use our wise mind through practice and reflecting on our own thoughts, beliefs and patterns. The below exercise can be used to help with this reflection.

What Happened?

Emotional Thoughts:

What went through my mind? What upset me? What is it that is making me feel this way? What am I reacting to? What's the worst thing about that, or the worst thing that could happen? What do I want to do or to happen? What am I feeling?

Rational Thoughts:

What would be more reasonable? What am I thinking I should do? What advice would I give to a friend, or what would a caring friend say to me? Is this really as important as it seems? What evidence is there about what I think is likely to happen? What are the facts? I've felt this way before and I have got through it.

Wise Mind:

STOP. Take a breath. What does Wise Mind make of this? What's the bigger picture? What will the consequences of my reaction be? (short and long term) What's going to be the best response to this situation? What will be most helpful and effective, all things considered?

What might you try next time: