

Wise Mind Reflection and Worksheet

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Wise Mind is one of the foundational concepts in Dialectical Behaviour Therapy (DBT). It describes the balanced place where emotion and reason work together. Rather than acting only on feelings or only on facts, Wise Mind helps us respond in ways that reflect both our emotions and our values. Wise Mind is not about ignoring emotions. It is about listening to them without allowing them to completely take over.

The Three States of Mind

Emotion Mind

Emotion Mind is when emotions are in the driver's seat. Decisions are guided primarily by feelings, urges, or impulses. Emotion Mind can help us recognize what matters to us, but when emotions become overwhelming they may lead to reactions we later regret.

Reasonable Mind

Reasonable Mind relies on logic, facts, planning, and problem solving. It is helpful for making schedules, solving practical problems, and gathering information. However, when we rely only on Reasonable Mind we may overlook emotions, needs, and relationships.

Wise Mind

Wise Mind is the integration of Emotion Mind and Reasonable Mind. It allows us to acknowledge emotions while also considering facts, values, long-term goals, and what is most effective. Many people experience Wise Mind as a quiet sense of knowing rather than a strong emotional reaction.

A Brief Example

Imagine a friend cancels plans at the last minute.

Emotion Mind: 'They must not care about me. I'm never talking to them again.'

Reasonable Mind: 'People cancel plans sometimes. I'll ignore how I feel and move on.'

Wise Mind: 'I'm disappointed and those feelings are understandable. I don't know why they cancelled, so I'll check in with them before making assumptions.'

Reflection Questions

Use the questions below to help identify how the three states of mind show up in your daily life.

Worksheet: Recent Situation

Describe a recent situation that brought up strong emotions.

Emotion Mind

What emotions did you notice? What thoughts or urges came with those emotions?

Reasonable Mind

What facts were true? What evidence did you have? What logical perspective could you take?

Wise Mind

If you combined your emotions with the facts, what might Wise Mind say? What response would best reflect your values and long-term goals?

Putting Wise Mind into Practice

What is one small action you can take today that reflects your Wise Mind rather than acting only from Emotion Mind or only from Reasonable Mind?

Key Takeaways

Wise Mind is available to everyone. It is a skill that becomes easier with practice. You do not have to eliminate emotions to make effective decisions. Instead, you can learn to notice emotions, acknowledge facts, and choose responses that reflect both.

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If you found this resource helpful and would like support developing DBT skills, KALM Psychology offers individual therapy, DBT-informed treatment, therapy intensives, and DBT skills groups.

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