



DBT-MIND · FREE PRINTABLE

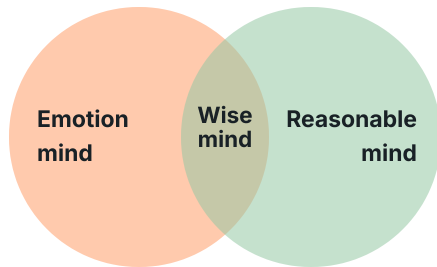
Wise Mind Worksheet

Wise mind is where feeling and reason overlap. You feel the emotion and still see the facts, so your choice fits both.

MINDFULNESS · USE BEFORE A HARD DECISION



Three states of mind



Emotion mind

Hot and urgent.
Feelings decide. "I have to do something now."

Reasonable mind

Cool and logical.
Feelings are pushed aside. "Only facts count."

Wise mind

Calm and clear. Both count. "I am hurt, and I know what will help."

Five ways into wise mind

Breathe

In: "wise". Out: "mind".
One to two minutes.

Stone on a lake

Picture a stone sinking slowly to the bottom.
Let your attention settle with it.

The stairs

Walk down an inner staircase, one breath per step, until you feel settled.

Ask and wait

"What does my wise mind say?" Listen. Do not force it.

Pause

Upset? Delay big choices for an hour or a night, then ask again.

My wise mind decision (write one situation through)

The situation or decision

Emotion mind says (what do my feelings push me to do?)

Reasonable mind says (what do the facts and logic say?)

Wise mind says (breathe first, then ask)

What I will do, and when

Check (tick what is true)

☐ It feels calm, not urgent ☐ It fits the facts ☐ I will be glad about it tomorrow

Too upset to think? At 8 out of 10 or higher, calm your body first (cold water, slow breathing), then come back.



Practice this on your phone with the free DBT-Mind app.
Scan to download for iPhone or Android. Full guide: dbt-mind.com/guides/wise-mind

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