

Wise Mind: States of Mind



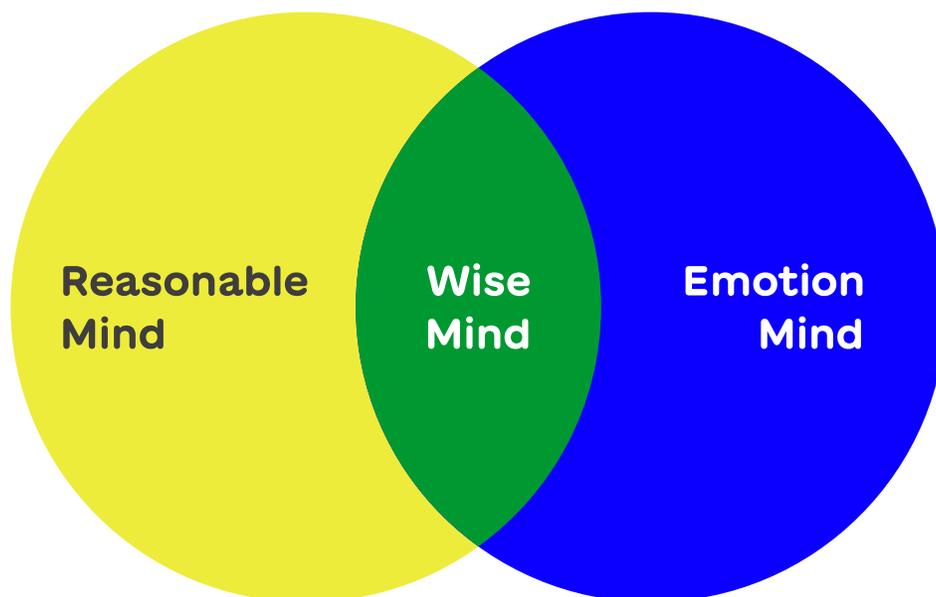
Wise Mind is tool for actively helping us assess situations with both reason and emotion. Often, our minds can process situations and only focus on the facts, reason, and logic and we forget to consider values and feelings. Or we might do the opposite and let our minds be ruled by our mood and urges, ignoring facts and reason.

Being conscious of these two states of mind—Reasonable Mind and Emotion Mind—lets us combine them into Wise Mind. Wise Mind sees the value of reason and emotion, and uses both to consider problems and make the best decision for ourselves.

INSTRUCTIONS

1. Observe a problem or situation in your life.
 - a. Notice how you react to it. Are you cool-headed and reasonable? Or does it make you feel an intense emotion? If you are only focusing on the facts and reason, perhaps you're missing perspective from **Emotion Mind**. Alternatively, if you can sense your emotions taking over, perhaps you're missing perspective from **Reasonable Mind**.
2. If you're in need of **Reasonable Mind**, start gathering relevant information about the situation. Seek out facts, data, and opinions from reliable sources. Consider the logical aspects, pros and cons, and potential consequences of different options.
3. If you're in need of **Emotional Mind**, take some time to identify and acknowledge your emotions regarding the problem. Notice any strong feelings, fears, or gut instincts that arise. Name and validate your emotions without judgment.
4. Combine Reasonable and Emotion Mind into **Wise Mind**.
 - a. Start with your values and priorities. Reflect on how a potential solution to this problem might align with these aspects of your life.
 - b. Stay open and curious. Let yourself to fully experience and understand your internal state.
 - c. Ask yourself: What does logic suggest? What are my emotions telling me? How do these aspects align or conflict with each other?
5. If this particular problem is more difficult to solve, consider stepping away from the situation for a bit, allowing yourself to fully process the information and insights.
6. Remember that this thinking is an ongoing process. Don't forget to be open to adjusting your course if new information emerges or if you realize that your first choice actually doesn't align with your desired outcomes.





**Cool, Rational,
Task-Focused**

When in Reasonable Mind, you are ruled by facts, reason, logic, and pragmatics. Values and feelings are not important.

**Hot, Mood-Dependent,
Emotion-Focused**

When in Emotion Mind, you are ruled by your moods, feelings, and urges to do or say things. Facts, reason, and logic are not important.

Wise Mind

The wisdom within each person, seeing the value of both reason and emotion, bringing left brain and right brain together, the middle path.



Cognitive Behavioral Immersion™ Tools

Wise Mind: States of Mind

Innerworld

NOTES:

Tools and community for your mental health journey.

Innerworld is a peer-driven mental health app built for VR, desktop, and mobile. We offer over 200 weekly, anonymous events around topics like anxiety, depression, and more.



Learn more at <https://inner.world/app>