

- Wellbeing in Mind
- Communication in Mind
- Skills in Mind
- Mood in Mind
- Activities in Mind

Wise Mind

Three States of Mind



Emotional mind	Wise mind	Reasonable mind
Feeling-centred	Thoughts and feelings	Thought-centred
Logical thinking is difficult	Integrate best of emotional and reasonable minds	Emotions are ignored
Facts are distorted to match mood	Viewing situation with loving detachment	Focus on facts and logic
Might be impulsive or 'hot headed'	Observing and responding	Feelings of self and others not considered
Emotions are in control	Not intense reacting	Cool and detached
Emotions influence and control your thinking and behaviour	Not cool distancing	'Robot' mode
'Emo' mode	'Wise' mode	

Emotional mind

What thoughts did I have?
What disturbed me?
What am I reacting to?
What am I feeling?

Reasonable mind

What is the evidence?
What are the facts of the situation?
What would a logical friend say?

Wise mind

What would wise mind think?
What is the bigger picture?
What might be the consequences of my reactions?
What is the best response for me and others in this situation?
What will be the most helpful and effective response – all things considered?