

Toolbox Handout 2: Wise Mind



Compare Mindlessness and Mindfulness:

Mindlessness: _____ Vs. **Mindfulness:** _____

Give an example of a time you experienced Mindlessness in the last week?

Give an example of a time you were Mindful in the last week?

What are the 3 States of Mind?
_____ , _____ , _____

We can tell when we are in *Emotion Mind* because we might dismiss logic and reason and focus instead on how our emotions prompt us to respond. Complete the chart, referencing examples from the presentation, and add one of your own!

Emotion	Action Urge
Anger	Yell, Scream, Lash Out
Anxiety or Fear	
Sadness	

Describe One Positive and One Negative of being in Emotion Mind:

Positive: _____ **Negative:** _____

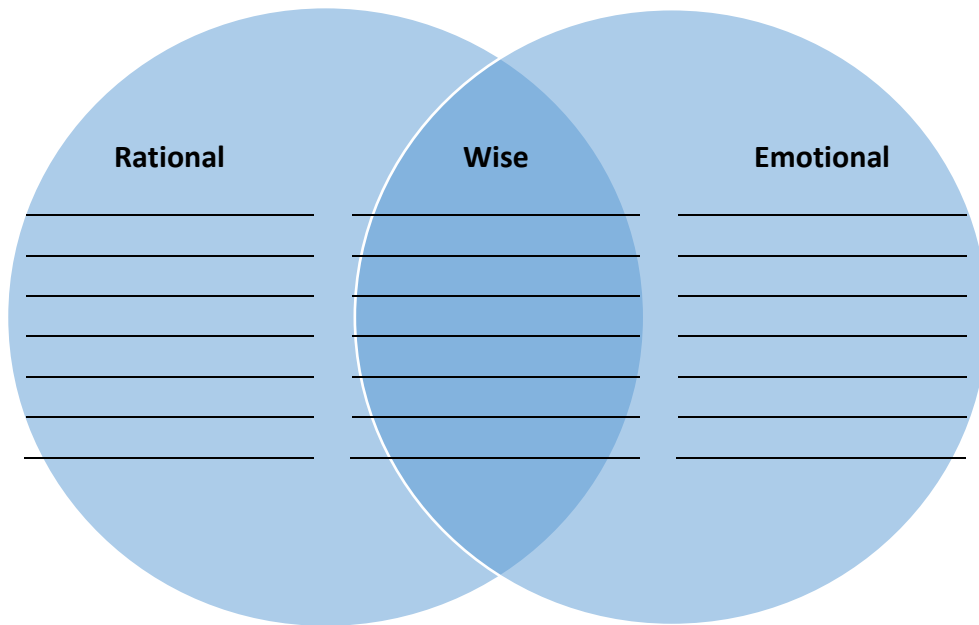
Describe One Positive and One Negative of being in Rational Mind:

Positive: _____ **Negative:** _____

What is meant by "Wise Mind"?

What is one Mindfulness Practice to start strengthening your Wise Mind?

Complete the following Venn Diagram with some statements, feelings, thoughts, or actions that would honor each Emotion, Rational, and Wise Mind.



----- At Home Practice: -----

Take a moment to think about this week, and without being critical of yourself, simply and nonjudgmentally notice how you honored each of the three states of mind.

Describe One Example of Emotion Mind from this week:

Describe One Example of Reasonable Mind from this week:

Describe One Example of Wise Mind from this week:
