WORKSHEET · THINKING & EMOTIONS

Wise Mind

Find the place between pure emotion and pure logic before you decide

Dialectical behaviour therapy, developed by the psychologist Marsha Linehan, describes three states of mind. Emotion mind is driven by how we feel. Reasonable mind is driven by facts and logic. Wise mind is where the two overlap: we know how we feel, we know the facts, and we can choose what to do.

At work, emotion mind sends the reply you regret. Reasonable mind pushes through and ignores the signs that something is wrong. Wise mind does neither.

IF SOMEONE NEEDS HELP NOW

If there is an immediate risk to life, call **999**. Samaritans are available free, 24 hours a day, on **116 123**. In England, NHS 111 (option 2) connects to an urgent mental health service.

01

Three states of mind

	WHAT IT IS LIKE	HOW IT CAN SOUND AT WORK
Emotion mind	Feelings are in charge. Hot, urgent, hard to think past.	"I'm replying to that email right now."
Reasonable mind	Facts and logic in charge, feelings pushed aside.	"It doesn't matter that I'm exhausted. Just get it done."
Wise mind	Both are present. You know what you feel and what is true.	"I'm angry about this, and I know what matters. I'll respond tomorrow."

02

Finding wise mind

Pause

Stop before acting. Breathe out slowly.

The emotion

What am I feeling, and how strongly?

The facts

What do I actually know? What am I assuming?

Wise mind

Taking both into account, what is the wise thing to do?

Try it on a decision or situation at work.

EMOTION MIND SAYS	REASONABLE MIND SAYS	WISE MIND SAYS

EXERCISE

Reflect

1. Which mind do I get stuck in under pressure?

2. A time I acted from wise mind at work. What helped?