

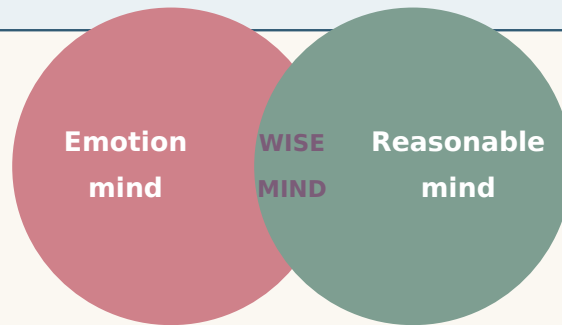
Finding my wise mind

Make room for feelings • notice the facts • choose with care



What is wise mind?

Wise mind is the meeting place between emotion and reason. It does not dismiss feelings or rely on facts alone. It helps you listen to both, pause, and choose a response that fits your needs, values and the situation.



1. What is emotion mind saying?

What am I feeling? What thoughts, urges or fears are present? What feels most important right now? What might this emotion be trying to protect or communicate?

2. What is reasonable mind saying?

What facts do I know? What do I not yet know? What options are available? What would I advise someone else to consider?

3. Pause and listen inwardly

Take one slower breath. Notice your feet, the chair or the room around you. If both feelings and facts could have a voice, what would each need you to understand?

4. What does my wise mind notice?

What is the wider picture? Which response respects my feelings without letting the strongest feeling make every decision? What choice fits my values and is likely to be helpful for me, for others and for the situation?

My wise-mind message:

5. One small next step

What will I do, say, ask for, postpone or let go of next?
