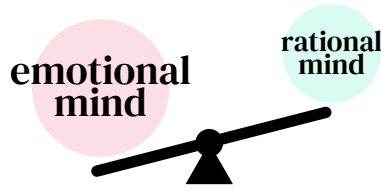


Wise Mind

DBT: Mindfulness Skills

Dialectical Behavior Therapy (DBT) helps us better understand the different parts of our minds. To do so, DBT teaches that we have both the “emotional mind” and the “rational mind.” Both give us valuable information - but problems can arise when one dominates the other.

When emotional mind is in charge:

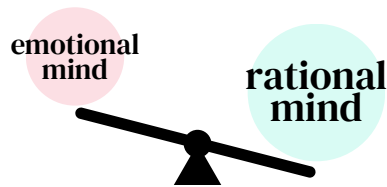


We are passionate and intuitive. We can take in others' emotions and empathize with them. We can tune into our instincts about threat, safety, and what is important, motivating us to act quickly. We feel fully and richly.

-- and --

We might impulsively act without thinking and hurt ourselves, others, or our relationships. We might miss important details or see the facts in a biased way. We might say or do things we regret in the heat of the moment.

When rational mind is in charge:



We are cool-headed and pragmatic. We can solve problems objectively using facts and evidence. We can make practical, reasonable decisions by collecting and weighing relevant information. We think critically and logically.

-- and --

We might dismiss or ignore our own intuition, instincts, or passions. We might miss opportunities to empathize and connect deeply with others. We might feel numb or act in rigid, rule-bound ways.

Recall a time that emotional mind was in charge for you. What happened? What did it feel like?

*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.

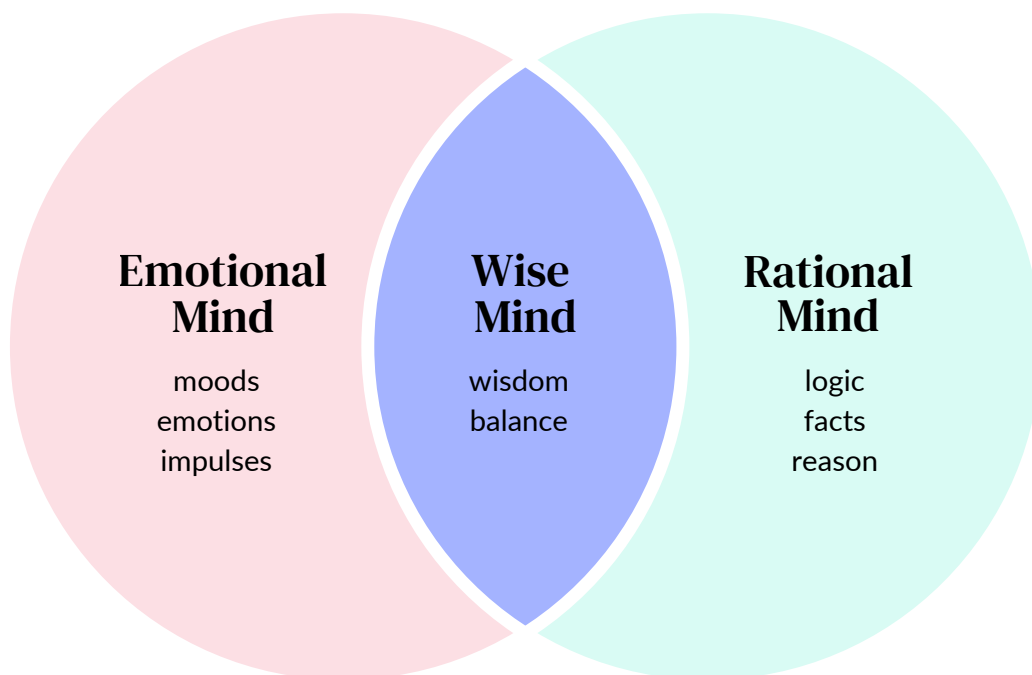


Wise Mind

DBT: Mindfulness Skills

Recall a time that rational mind was in charge for you. What happened? What did it feel like?

Wise mind is the balance between emotional mind and rational mind. In DBT, **wisdom** is holding the insights of our emotional mind and the reason of our rational mind at the same time.



Mindfulness helps us access the wise mind by allowing us to slow down and pause, tune into our feelings, and observe the situation and ourselves nonjudgmentally before proceeding.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Wise Mind

DBT: Mindfulness Skills

When a situation feels distressing, it can be helpful to break it down using the three lenses of emotional mind, rational mind, and wise mind. This helps us take in all the information that emotional mind and rational mind can give us, but balance the two and move forward in a constructive way. This page shows an example, and the next page is blank.

What is the situation? What is happening?

I applied for a job last week. The pay is only a little bit better than my current job, but the work itself seemed more exciting and creative. When I got the rejection email this morning, I didn't think too much of it. But the day just seemed to get worse and worse - I felt like I was doing a bad job at work, people were frustrating me... I just wanted to be left alone.

What does your **emotional mind** tell you?

I feel exasperated and down on myself. I didn't realize it at first, but I feel really disappointed. I thought I would get the job, and I was really excited to imagine more enjoyable, creative work. I feel like my self esteem took a hit when I got the rejection, too. Why didn't they hire me? What did I do wrong?

What does your **rational mind** tell you?

The pay was only a little bit better - it's not a huge financial loss to not be hired. I also know there were many applicants for one position. I have some experience relevant to the role, but it's likely that other people have more, and roles like this tend to be competitive. I know I got to the final round of interviews.

Imagine holding the insights of each mind at the same time. Both sides are true, although they might seem to contradict each other. What insights come up when you balance both your feelings and your logical thinking at the same time?

What does your **wise mind** tell you?

It's likely I didn't do anything "wrong" - I did get to the final round of interviews. But this was a very competitive position, and I could be a stronger candidate. It's not a huge financial loss, but deep down, it does feel important to pursue more creative work. Feeling good about my work is something I value. I can take steps to gain more experience and try again.

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Wise Mind

DBT: Mindfulness Skills

When a situation feels distressing, it can be helpful to break it down using the three lenses of emotional mind, rational mind, and wise mind. This helps us take in all the information that emotional mind and rational mind can give us, but balance the two and move forward in a constructive way.

What is the situation? What is happening?

What does your **emotional mind tell you?**

What does your **rational mind tell you?**

Imagine holding the insights of each mind at the same time. Both sides are true, although they might seem to contradict each other. What insights come up when you balance both your feelings and your logical thinking at the same time?

What does your **wise mind tell you?**

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.