

# How to Practice Wise Mind

## DBT: Mindfulness Skills

When we access our wise minds, we are fully present, awake, and alive. We can walk the middle path between being and doing and between our emotions and rational thought. This worksheet helps users explore wise mind with description, activities, and a tracker for practice.

### What is wise mind?

In Dialectical Behavior Therapy (DBT), wise mind is our most mindful, balanced, insightful, connected mind.

## wise mind is...

### Being fully present

Living entirely in the present moment. Allowing yourself to focus fully on what you are doing. Not thinking about the next task or the next moment before it arrives.

### Being alive in your body

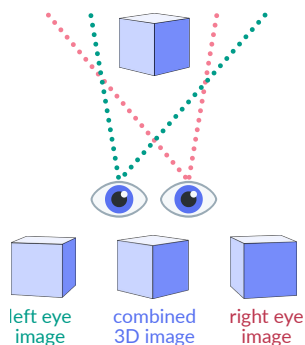
Feeling the air against your skin, your heart beat faster when you're anxious, your muscles relax when you're at rest.

### Being awake to your inner life

Tuning into your mind and emotions. Not ignoring or getting swept up by emotions. Noticing your thoughts as they pass through your brain.

### A mind in balance

Between emotions and rationality; between being and doing; at a dialectic synthesis



Using your wise mind is kind of like seeing in three dimensions. Hold an object up to your face. Close one eye at a time, and notice how each eye provides you with a slightly different image of the object. When you open both eyes, your brain combines the image into one - *and* - you gain a sense of dimension or depth that you didn't have before.

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



# How to Practice Wise Mind

## DBT: Mindfulness Skills

Each eye sees a different picture, and when working together, they show us depth and dimension. Similarly, parts of our mind work differently, but when working together, let us tap into insight and wisdom.

For example:

- The emotion mind is rich in feelings, empathy, and instinct
- The rational mind is adept at logic and pragmatism
- Wise mind holds each in balance, allowing us to wisely choose actions aligned with what really matters to each of us

Or:

- “Being” mind is curious and present in the moment, observing its own thoughts from a distance, as products created by the brain
- “Doing” mind is goal- and action-oriented, living in its own thoughts, seeing them as true facts about the world and the basis for decision-making
- Wise mind holds each in balance, allowing us to engage in what we are doing skillfully, while maintaining awareness of ourselves and our own biases

### Ways to practice wise mind thinking

- Fully focus your senses on one thing at a time. Open your awareness to the entire experience. For example, make tea and complete each step slowly. Take in the aroma, watch as the water changes color as the tea steeps, enjoy the warmth of the cup in your hands, and taste the flavors fully.
- Fully focus your attention on one moment at a time. Whatever you may be doing, live in *that* moment (for example, washing a dish). The next moment will come, but don't live in that moment (for example, washing a pan, sweeping the floor) until it's time.
- Resist ignoring or overlooking events. Savor small pleasures (like sitting down after a long day). Bring your attention to difficult moments, too (like receiving a worrisome email).
- Strengthen your “willingness” muscle with practice. When something needs to be done, practice engaging with energy and full attention. Dive into the task.
- Practice expanding your attention. Attend to your breath, following its movement through your body. Expand your awareness to include your body. What is your posture like? Your facial expression? Where are you holding tension? Hold your breath and your body in your awareness. Expand your awareness to include your surroundings. What can you hear and see? Hold your breath, body, and surroundings in your awareness at the same time.

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Use this page to record your practice of wise mind.

<b>How did you practice accessing wise mind?</b>	<b>Rate how focused you felt on the skill</b>	<b>Did you experience any challenges? Any benefits? (e.g., insights; feeling more balanced, more connected, more aware, more attentive, more willing, etc.)</b>
<input type="checkbox"/> Fully focus your senses on one thing <input type="checkbox"/> Fully focus your attention on one moment <input type="checkbox"/> Resist ignoring or overlooking events <input type="checkbox"/> Strengthen your "willingness" muscle <input type="checkbox"/> Practice expanding your attention	☆☆☆☆☆	
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Scan or [click here](#) to learn more about DBT:

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# 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 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.



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