Name: _____ Date: _____

DBT EMOTIONAL MIND

Describe experiences you've had with Emotional Mind.

People use emotional mind when they behave primarily according to their feelings
This may cause them to act impulsively without thinking through the situation.

Based on and driven by our opinions and personal interpretations of events. What went through my mind? What disturbed me? What is it that is making me feel this way? What am I reacting to? What's the worst thing about that, or the worst thing that could happen? What do I want to do or to happen? What am I feeling?