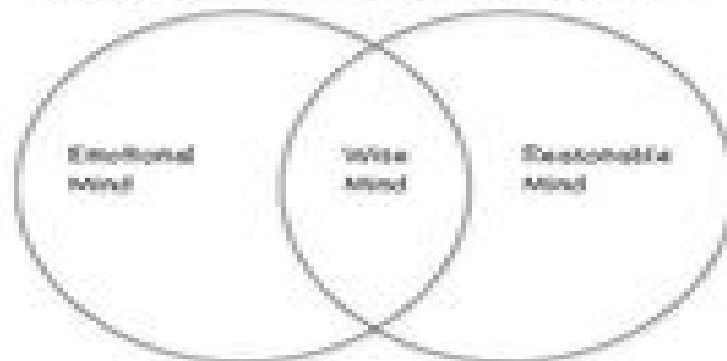


## MINDFULNESS

Practice Exercise 1: Due Date \_\_\_\_\_  
Observing yourself in each of the 3 States of Mind



### Emotional Mind

One example of Emotional Mind this week was (please describe your emotion(s), thought(s), behavior(s))

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### Reasonable Mind

One example of Reasonable Mind this week was (please describe your emotion(s), thought(s), behavior(s))

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### Wise Mind

One example of Wise Mind this week was (please describe your emotion(s), thought(s), behavior(s))

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Adapted from Marla M. Mathen's Self-Training Manual for Treating Borderline Personality Disorder, Guilford Press, page 17. Not to be used without permission. Copyright 2004, Boston, Guilford Press.