

Name: _____ Date: _____

Mindfulness: The "Wise Mind" Practice

The goal of mindfulness in DBT is to find the balance between your **Rational Mind** (logic, facts) and your **Emotional Mind** (feelings, urges). The middle ground is your **Wise Mind**.

Worksheet Exercise: Finding Your Center

Describe a current conflict	<i>Write down a situation causing you stress.</i>
Rational Mind View	<i>What are the cold, hard facts?</i>
Emotional Mind View	<i>What are your feelings and fears?</i>
Wise Mind Integration	<i>What is the most balanced way to proceed?</i>