

MY WISE MIND PRACTICE WORKSHEET

Finding Balance in a Challenge

1. DESCRIBE THE CHALLENGING SITUATION / CONFLICT

 A. EMOTION MIND	 C. WISE MIND GOALS	 B. REASON MIND
What are my feelings & urges?	What do I want to achieve?	What are the facts & logic?
☐ Current feelings/emotions	☐ My short-term and long-term goals	☐ Facts of the situation (who, what, when, where)
☐ Physical sensations	☐ My core values for this outcome	☐ Data & objective points
☐ Immediate urges & impulses	☐ The desired final resolution	☐ Logical pros & cons

2. WISE MIND CONSENSUS & SYNTHESIS

Where do my Emotion Mind & Reason Mind AGREE? _____

Where do they CONFLICT with my WISE MIND GOALS? _____

My synthesized "Wise Mind" perspective (Integrating all points) _____

3. WISE MIND ACTION STEP

Based on my synthesis, my Wise Mind DECISION is to...

Check box for completion ☒

