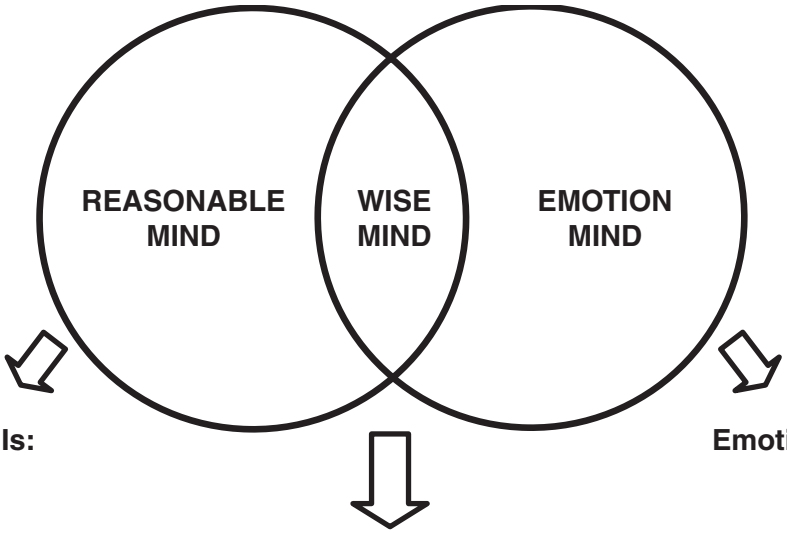
MINDFULNESS HANDOUT 3

(Mindfulness Worksheet 3)

Wise Mind: States of Mind



Reasonable Mind Is:

Cool

Rational

Task-Focused

When in *reasonable mind,* you are ruled by facts, reason, logic, and pragmatics. Values and feelings are not important.

Wise Mind Is:

The wisdom within each person

Seeing the value of both reason and emotion

Bringing left brain and right brain together

The middle path

Emotion Mind Is:

Hot

Mood-Dependent

Emotion-Focused

When in *emotion mind,* you are ruled by your moods, feelings, and urges to do or say things. Facts, reason, and logic are not important.

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