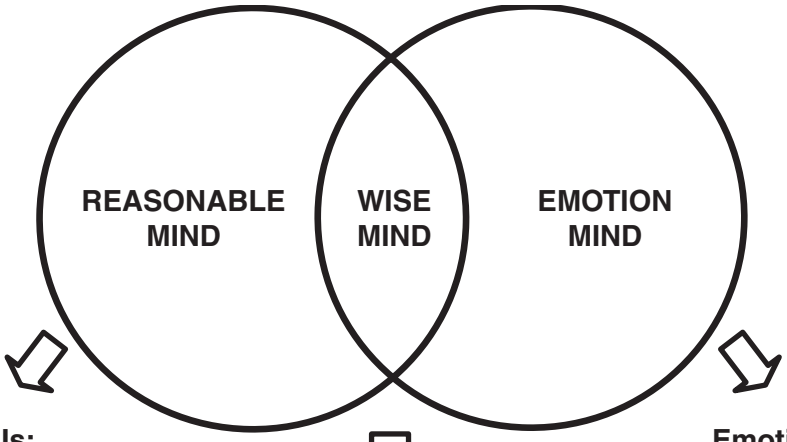
# MINDFULNESS HANDOUT 3

(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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