

The Wise Mind

My Behaviour Support



The balance between reason and emotion

OBSERVE

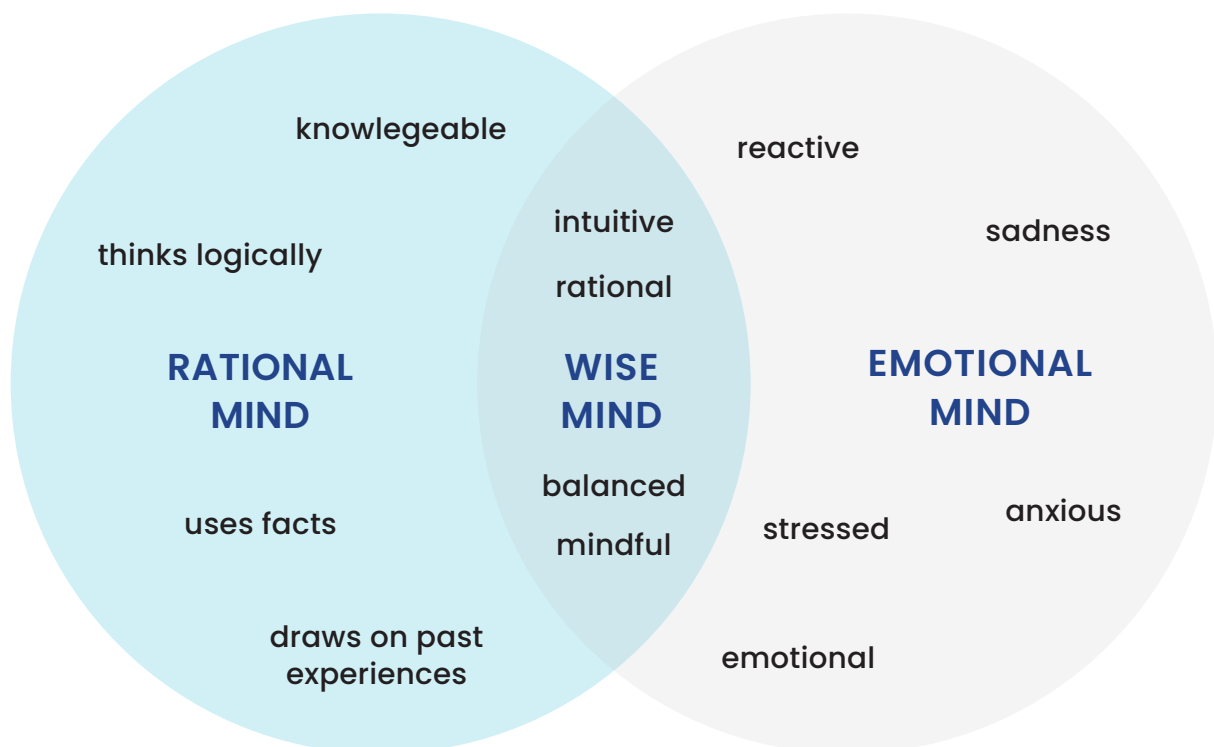
Your body's
sensations

DESCRIBE

What you observe
and are feeling

PARTICIPATE

Engage fully in
the moment



Dialectical Behavior Therapy (DBT) introduces three primary states of mind: the reasonable mind, the emotional mind, and the wise mind, with the wise mind being the ultimate goal. The idea behind the wise mind is to help you strike a balance between your emotional and logical thinking.

Think of it as looking through two different lenses—one that perceives the world through reason and logic, and another that views everything through emotions and feelings.

First, let's examine the emotional mind. Through this lens, decisions are driven by feelings rather than careful thought. You might act impulsively, reacting to situations without considering the consequences. For instance, you may purchase the latest iPad simply because it excites you, without assessing whether it fits within your budget. Living this way can often lead to chaos and instability.

Now, let's switch to the rational mind. This perspective relies solely on logic and facts, keeping emotions at bay. In this state, you would refrain from buying an iPad if you couldn't afford it, regardless of how much you wanted it. While this approach may seem practical, it can also make life feel rigid, detached, and lacking in joy.

Achieving balance requires integrating both perspectives—reason and emotion—so that they work together in harmony. This is where the wise mind comes in, guiding you toward a well-rounded and fulfilling way of living.