

Wise Mind

The goal of this skill is to balance your emotional mind and your reasoning mind. We tend to get stuck on one extreme end of the spectrum.

What is the problem that's on my mind?

What do I feel like doing?

What feeling is this urge representing?

What are other ways to meet my emotional needs?

What is the rational/logical thing to do?

What am I choosing to do? (Should take into account rational consequences/benefits, but should also honour feelings.)
