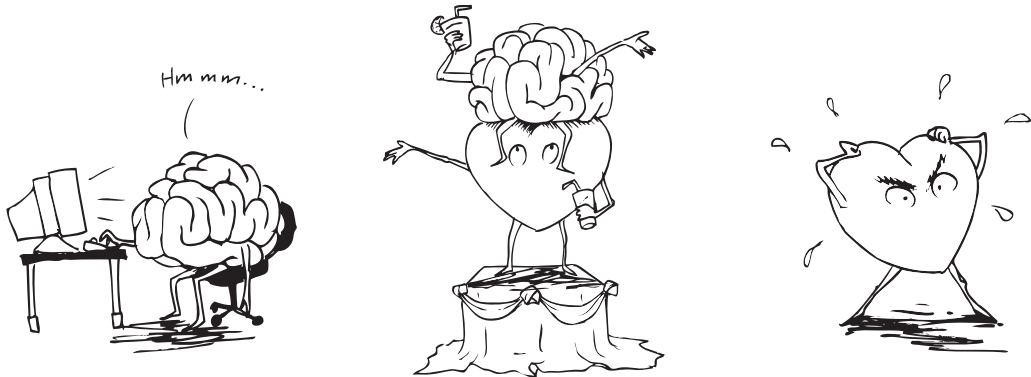
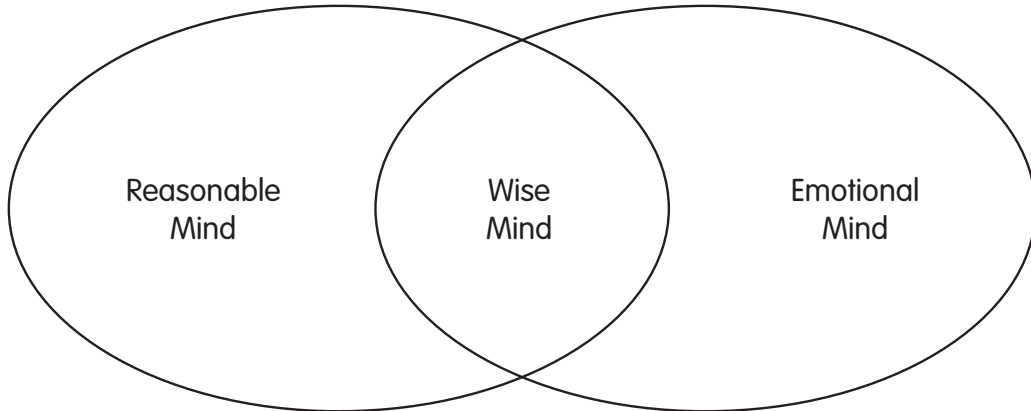


# Three States of Mind



***Emotional Mind is "hot," ruled by your feelings and urges.***

When I am in Emotional Mind, I tend to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(continued)

Adapted from *DBT Skills Training Handouts and Worksheets, Second Edition*. Copyright 2015 by Marsha M. Linehan. Adapted by permission.

From *DBT Skills Manual for Adolescents*, by Jill H. Rathus and Alec L. Miller. Copyright 2015 by The Guilford Press. Permission to photocopy this handout is granted to purchasers of this book for personal use only (see copyright page for details).

### Three States of Mind (page 2 of 2)

***Reasonable Mind is "cool," ruled by thinking, facts, and logic.***

When I am in Reasonable Mind, I tend to: \_\_\_\_\_

---

---

---

---

---

---

---

---

***Wise Mind includes both reason and emotion; it is the wisdom within each person and the state of mind to access to avoid acting impulsively and when you need to make an important decision. (Wise mind helps us think more clearly in the presence of strong emotions.)***

When I am in Wise Mind, I tend to: \_\_\_\_\_

---

---

---

---

---

---

---

---