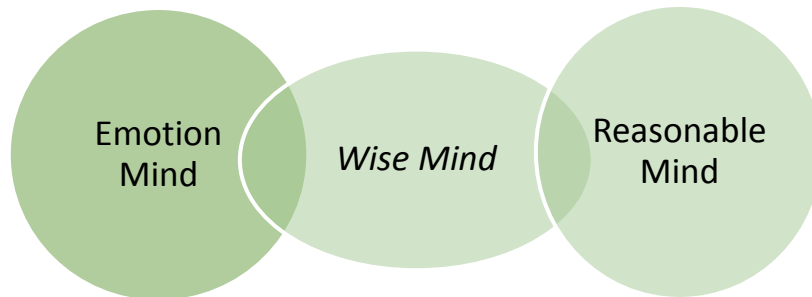


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### **Wise Mind**

Wise mind (Linehan, 1993) is a concept and practice that involves increasing our awareness of our “emotion/ emotional mind” and our “rational/ reasonable mind.” Wise mind is the middle ground that can be found when these two minds find balance, which is achieved as the needs of each mind are acknowledged and met in a useful way. Everyone can benefit from cultivating wise mind or the quiet and calm internal space where it is easier to see and thinking clearly and feel fully without fear.



<b>Emotion-Driven Thoughts</b>	<b>Reasonable/ Rational Thoughts</b>
What is making me feel or react this way? What is the worst thing that could happen?	What would be the most reasonable thing to do and what are the facts? Is this as important as it feels?

<p style="text-align: center;"><b>Wise Mind</b> What is the bigger picture? What will be most helpful right now?</p>
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