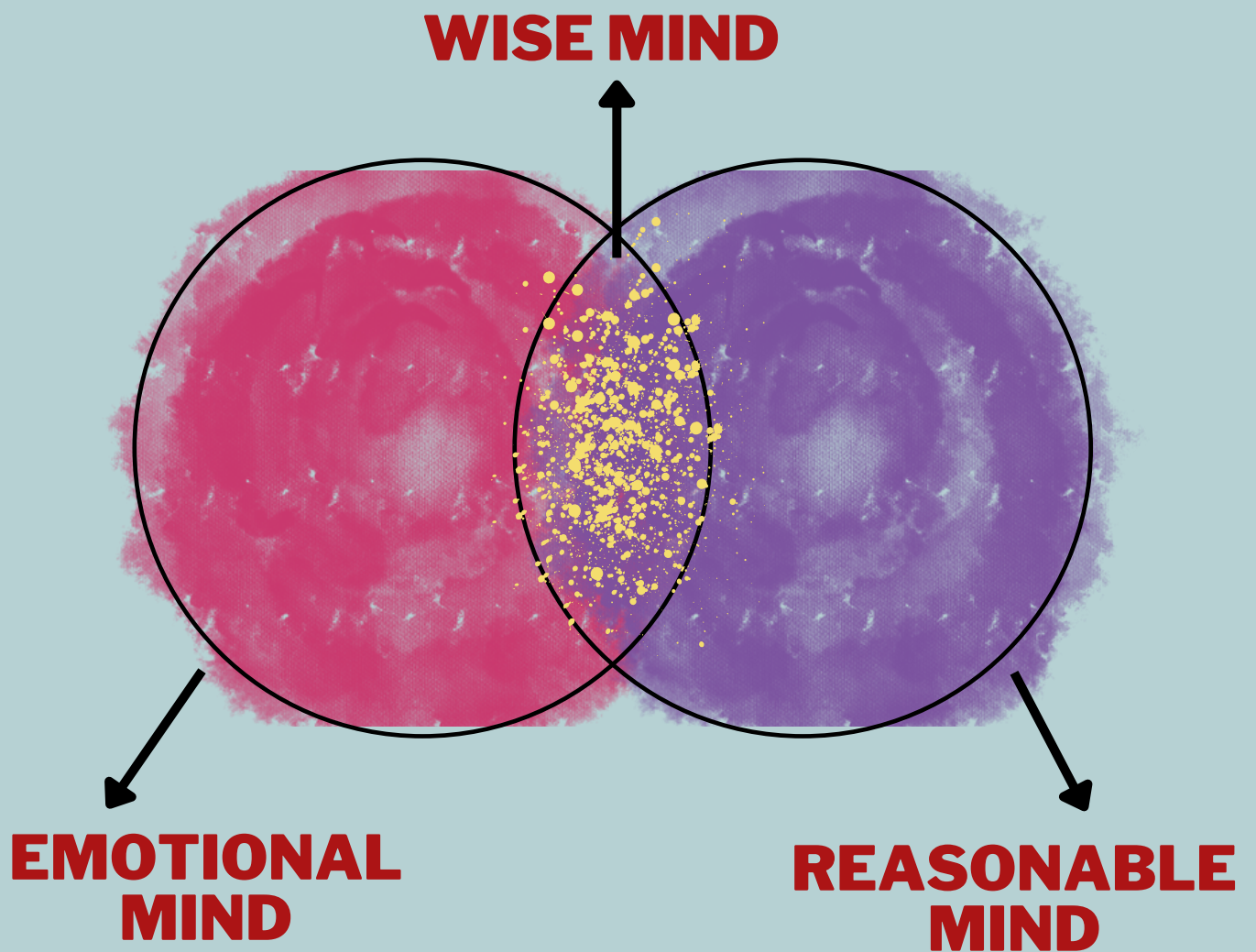


# ***THE WISE MIND***



Our **emotional mind** is used when feelings control a person's thoughts and behaviour. Acting on emotion is the most natural thing for human beings but sometimes, when we experience something traumatic, our emotional mind can make it difficult for us to see things for what they are because its intention is to protect us.

Our **reasonable mind** is used when they approach a situation intellectually. Society has taught us to use this mind all the time because emotions make us "impulsive" but using reason too much acts as a disservice to us as well.

Our **wise mind** is used when there is a balance in our use of emotions and reason. We are able to identify our emotions while simultaneously knowing how to work with them rationally. When we go through something difficult, healing from that experience takes us from the journey of the binaries of the minds down to our wise mind.

**DESCRIBE AN EXPERIENCE YOU HAVE HAD WITH EACH OF THESE STATES OF MIND:**

**REASONABLE:**

**EMOTIONAL:**

**WISE:**