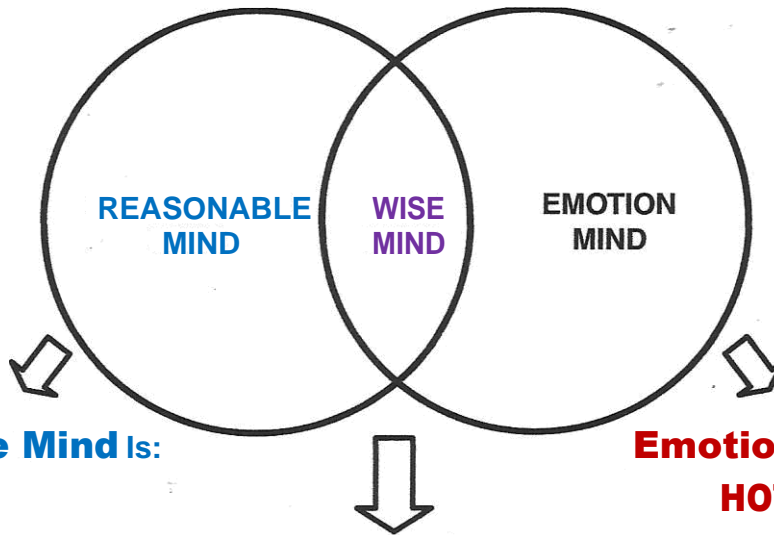


**\* Marsha Linehan's MINDFULNESS DBT TOOL**

**Wise Mind: States of Mind**

Telka's Version Includes Alignment with Values



**Reasonable Mind Is:**  
**COOL**

**Rational  
Task-Focused**

**“When in  
reasonable mind,  
you are ruled by  
facts, reason, logic,  
and pragmatics.  
Values and feelings  
are not important.”**

Linehan

**Wise Mind Is  
Warm:**

***“The wisdom  
within each  
person  
Seeing the value of  
both reason and  
emotion  
Bringing left  
brain and right  
brain together  
The middle path”***

Linehan

**Emotion Mind Is:**  
**HOT**

**“Mood-Dependent  
Emotion-Focused**

***When in emotion  
mind, you are  
ruled by your  
moods, feelings,  
and urges to do or  
say things.  
Facts, reason,  
and logic are not  
important.”***

Linehan

**Telka's Revision to Wise Mind States of Mind:  
Wise Mind = Reasonable Mind + Emotion Mind + Values**

To determine your values ask yourself:

What do you wish to role model for loved ones? Coworkers?  
What advice do you give others? Are you living that advice?"

**\*Wise Mind asks not only “am I right?”  
but also “what is right?  
and “do I have the right?”**

**Wise Mind aligns your intention with your  
Reasonable Mind + Emotional Mind + Personal Values**

\*Telka added her version to this *DBT Skills Training I*-handouts and worksheets, *Second Edition*, by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy or download and print this handout is granted to purchasers of this book for personal use or for use with clients.