

Name: _____ Date: _____

Emotional Mind

Emotional Mind occurs when people are driven by emotion. It is usually a result of the fight or flight response being triggered but it can also be a response to overwhelming emotional states.

In the space below, list some ways that you or others might engage in Emotional Mind:

Rational Mind

Rational Mind occurs when people are driven by reason. It is a logical, solution-focused approach to problem-solving that can sometimes lack compassion or warmth.

In the space below, list some ways that you or others might engage in Rational Mind:

Wise Mind

Wise Mind occurs when Emotional Mind and Rational Mind are in perfect balance. It is a state of being that is devoid of worries about the past or the future. It is a shift from doing mode to being mode, at one with the present moment.

In the space below, list some ways that you or others might engage in Wise Mind:

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Wise Mind

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Mindfulness

The mindful skill of acceptance allows us to experience emotions without feeling obligated to react to them. This is done by noting the emotion and then letting go of the thought processes that the emotion generates. This isn't done by telling yourself not to think about it. Telling yourself not to think about it is thinking about it.

Instead, mindfulness allows us to experience emotions in Being Mind.

When we experience unpleasant emotions there is a natural tendency to want to do something to try to fix them, when in reality it is not necessary to do anything. Instead, we can just be there with the emotions without trying to fix them, or trying to make them go away, or trying to stop thinking about them.

Trying is doing, and Wise Mind is about being.

You have probably already had times in your own life where you have allowed yourself to experience what you were feeling without trying to do anything about it. If so, list a few of these experiences in the space below.

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Wise Mind

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Acceptance

The goal of acceptance in differentiation isn't to become a totally rational person, devoid of emotion. Instead, the goal is to practice Wise Mind. Wise mind is the balance of emotional mind and rational mind, in perfect harmony.

Think about your answers to the Differentiation section on page 2 of this worksheet. In what ways were you able to separate thinking from feeling in your responses?

Now think about your answers to the Mindfulness section on page 3 of this worksheet. In your responses on this section, in what ways were you able to let go of the temptation to do something to “fix” unpleasant emotions?

How were you able to simply experience those emotions in the moment?

Acceptance is the ability to observe and describe your emotions in the present moment without feeling it is necessary to do anything about them. In the space below, list some occasions in which you were able to separate your thinking from your feeling and to realize that you didn't have to try to change anything about the way you were feeling. In other words, list some occasions and situations in which you were able to accept your emotional states.

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