Wise Mind DBT Skill

InsightTimer

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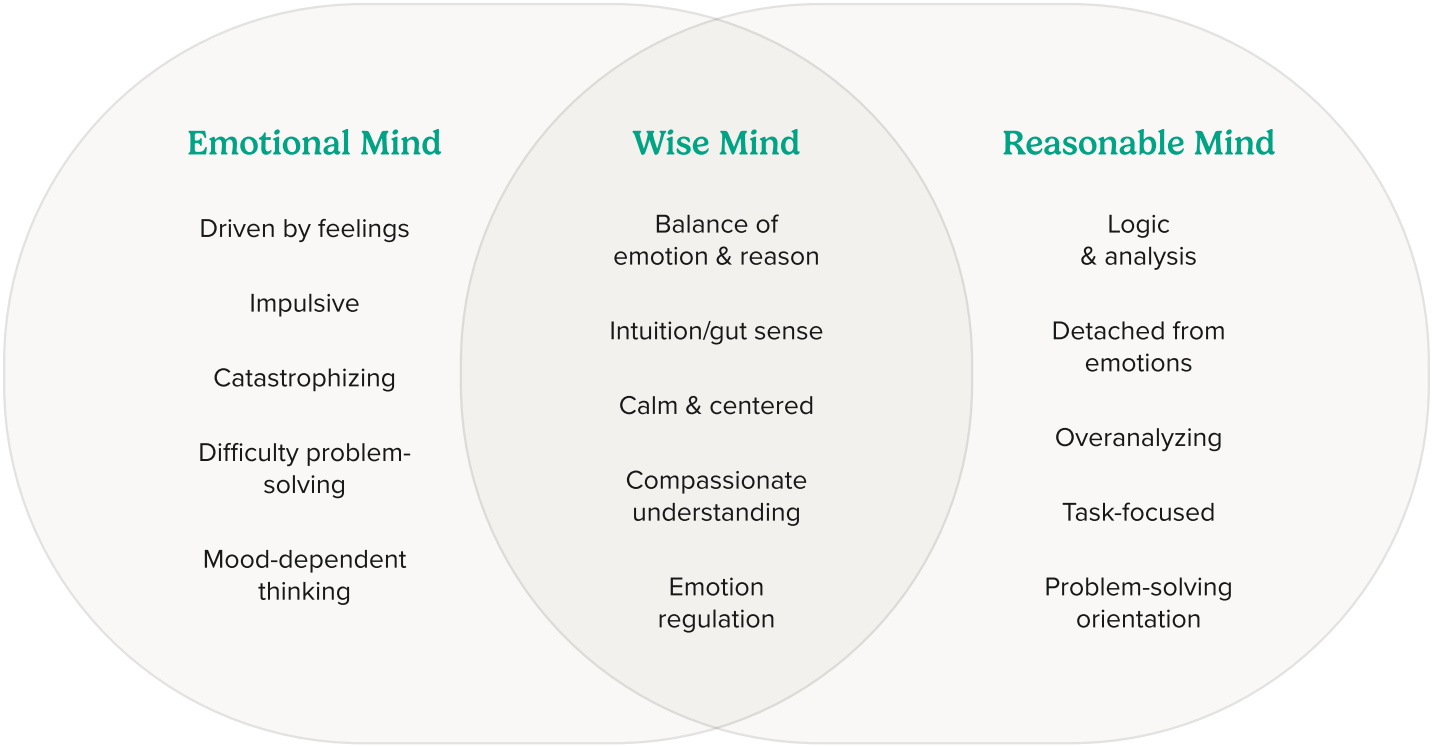
Tools For DBT

Why Mindfulness Matters In DBT

Finding balance in our thoughts and decisions is an important part of taking care of ourselves. Sometimes, our emotions can feel overwhelming and lead us to react impulsively. Other times, we might rely only on logic and ignore how we truly feel.

Wise Mind is a DBT skill that helps us bring together both our emotional and rational sides, so we can make choices that honor our feelings and the facts. By practicing Wise Mind, we learn to respond to life's challenges with greater clarity, confidence, and self-compassion.



In Emotional Mind, our thoughts and actions are driven mostly by our feelings. We might react impulsively, make decisions quickly, or let our mood take over. Example: Your friend cancels plans at the last minute. Feeling hurt and disappointed, you immediately send an angry text without considering their reasons.

Wise Mind is the balanced state where Emotion Mind and Reasonable Mind come together. In Wise Mind, you listen to both your feelings and the facts, making thoughtful decisions that respect both. Example: Your friend cancels plans at the last minute. You notice you feel disappointed, but you also consider that there might be a good reason. You decide to reach out calmly to ask if everything is okay and express how you feel.

In Reasonable Mind, we focus on logic, facts, and practical thinking. We might solve problems efficiently, but sometimes overlook our emotions or those of others. Example: Your friend cancels plans at the last minute. You think, "They probably had a good reason. I shouldn't take it personally," but you don't let yourself feel or express your disappointment.

Note: Wise Mind is the goal, but it's normal—and sometimes necessary—to be in Emotion or Reasonable Mind. For example, Emotion Mind helps you feel joy at a birth or grief at a loss, while Reasonable Mind keeps you focused when solving problems or taking a test. The key is noticing which mind you're in and choosing what fits the moment.