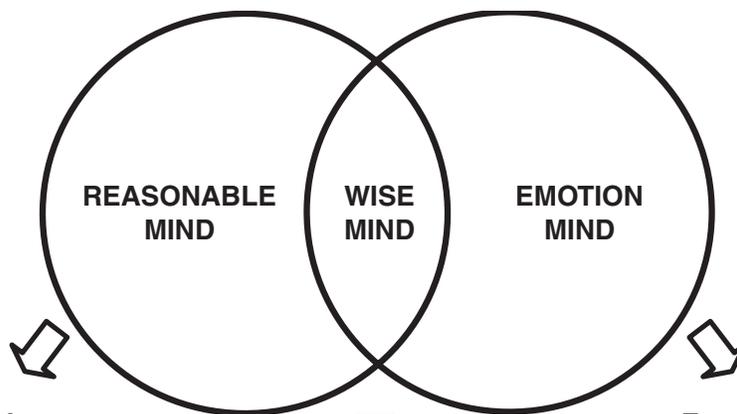


MINDFULNESS HANDOUT 3



([Mindfulness Worksheet 3](#))

Wise Mind: States of Mind



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.

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.

Wise Mind Is:

The wisdom within
each person

Seeing the value of
both reason and
emotion

Bringing left brain and
right brain together

The middle path