NewLeaf Pathways
Supporting Your Journey to Wellness

FREE RESOURCE

Finding Your Wise Mind

Wise Mind is a concept from Dialectical Behavior Therapy (DBT) for bringing emotion and reason into a decision. Use this worksheet to notice both before choosing your next step.

Type in the boxes using a PDF reader such as Adobe Acrobat, or print and write by hand. Your answers stay on your device; nothing is sent to NewLeaf Pathways.

Three states of mind

Emotion mind. Feelings drive your response; the situation may feel urgent.

Reasonable mind. Logic and facts guide your response, while emotional needs may receive less attention.

Wise Mind. You consider what you feel and what you know together.

A grounding path

1. **Breathe first.** Pause for a few slow breaths before responding.
2. **Ask both questions.** What am I feeling? What do I know to be true?
3. **Bring them together.** What next step takes both the facts and my feelings into account?

Use it now

What am I feeling?

What do I know to be true?

What balanced next step can I take?

Support when you need it

911
Immediate danger

988
Call or text for crisis support, 24/7

1-800-662-4357
SAMHSA treatment referral, 24/7