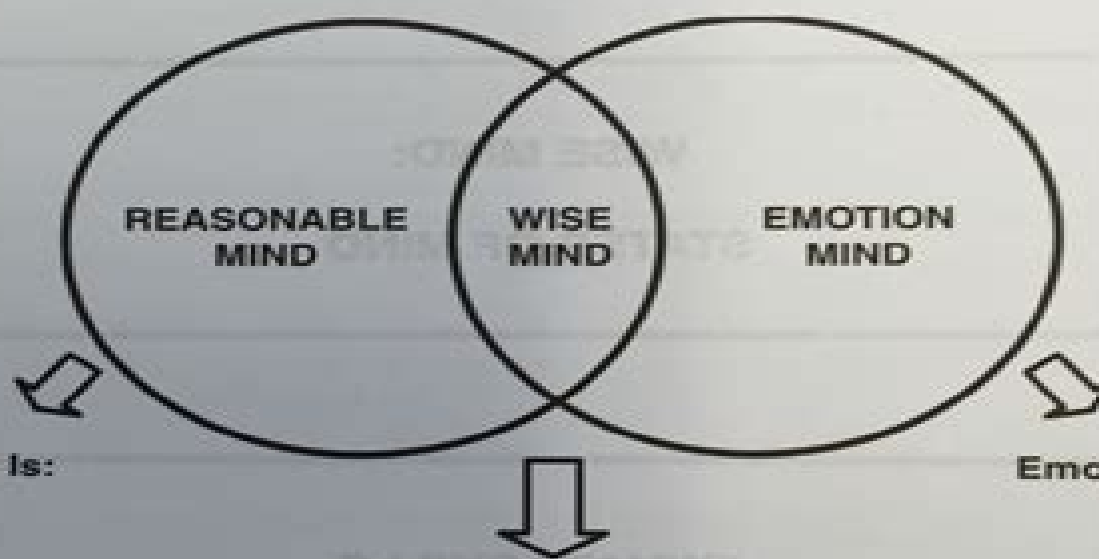




MINDFULNESS HANDOUT 3

(Mindfulness Worksheet 3; p. 83)

Wise Mind: States of Mind



Reasonable Mind Is:

Cool
Rational
Task-Focused

Emotion Mind Is:

Hot
Mood-Dependent
Emotion-Focused

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

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

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.

Mindfulness Exercises Vs United States

William Swan Sonnenschein



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