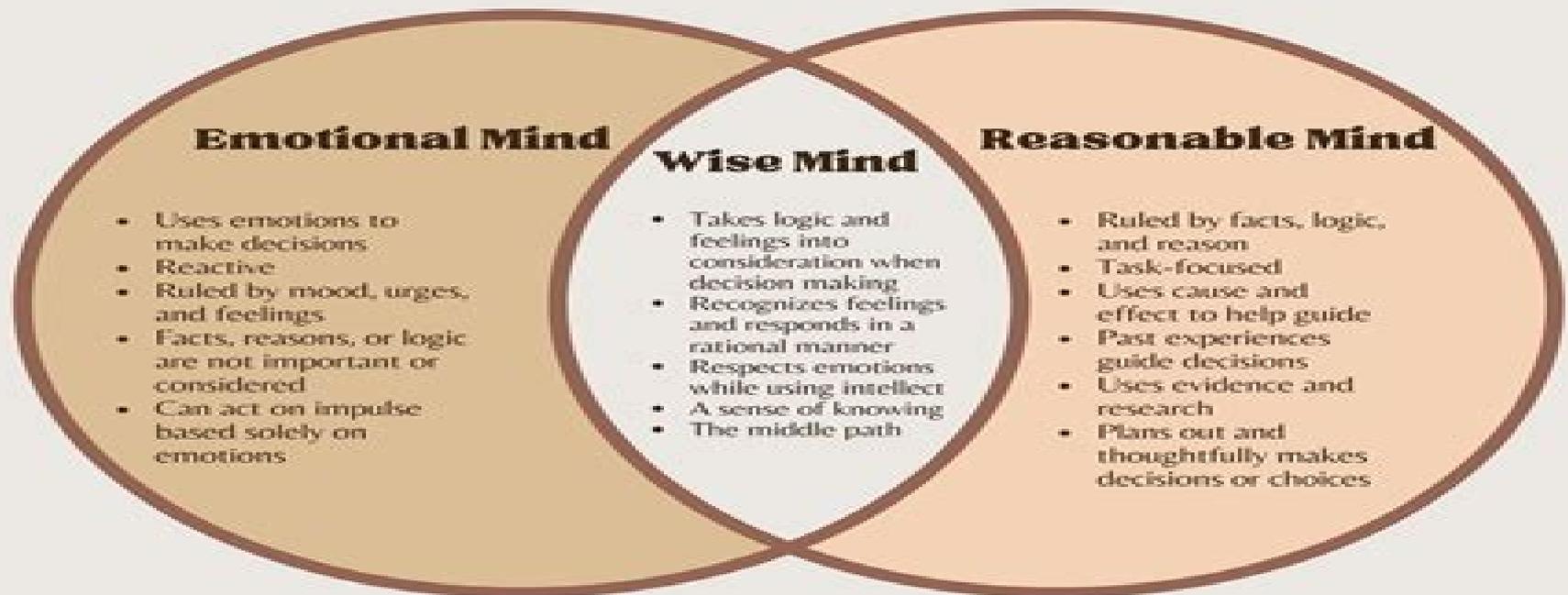


# Dialectical Behavioral Therapy: Stepping Into The Wise Mind



In Dialectical Behavioral Therapy (Developed by Dr. Marsha Linehan), we learn the skill of the Wise Mind. The Wise Mind is the balance between the reasonable and emotional mind, it is an intuitive knowing, and it combines rational thought and emotion.

Sometimes, when we struggle with regulating our emotions we can flip between the two extremes of the emotional and reasonable mind. Learning to identify each mind state can be helpful when making decisions, or engaging and interacting in relationships or with others.

Tips for cultivating a Wise Mind:

- Observe your thoughts and feelings
- Acknowledge the emotional AND rational thinking or thoughts before acting
- Acknowledge a situation without interpretation or judgment (what are the facts)
- Practice mindfulness, and distress tolerance skills
- Ask yourself, "Is this my Wise Mind? What's the bigger picture here? What is the best response to this situation-- best for me, best for others, best for the future, and best considering the whole picture of this situation?"

# Wise Therapy

**Raffaela Di Napoli**



**Wise Therapy:**

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