

## Turning The Mind



1. Acceptance is a choice. Choosing acceptance may have to happen over and over again. It is not like turning on a light switch and being done.
2. When we find ourselves fighting reality we must turn our minds back towards the acceptance.
3. Turning the mind is like a fork in the road. When we start traveling down the acceptance road, we come back again and again.

## Emotion Mind, Reasonable Mind, Wise Mind



1. None of these states of mind are either all good or bad.
2. There are pros and cons to all of these states of mind, even wise mind.
3. Every person has a wise mind. You may

## Interpersonal Effectiveness Skills



# Therapy Flashcards

**Laressa Bethishou, Clark D Kebodeaux**

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