

THE MINDFULNESS TOOLKIT

LIVE WITH AWARENESS IN THE
PRESENT MOMENT

What Is Mindfulness?

Mindfulness means having a non-judgmental awareness of the present moment. It involves three key aspects: present-moment awareness, non-judgment, and non-attachment.

Present-moment awareness:

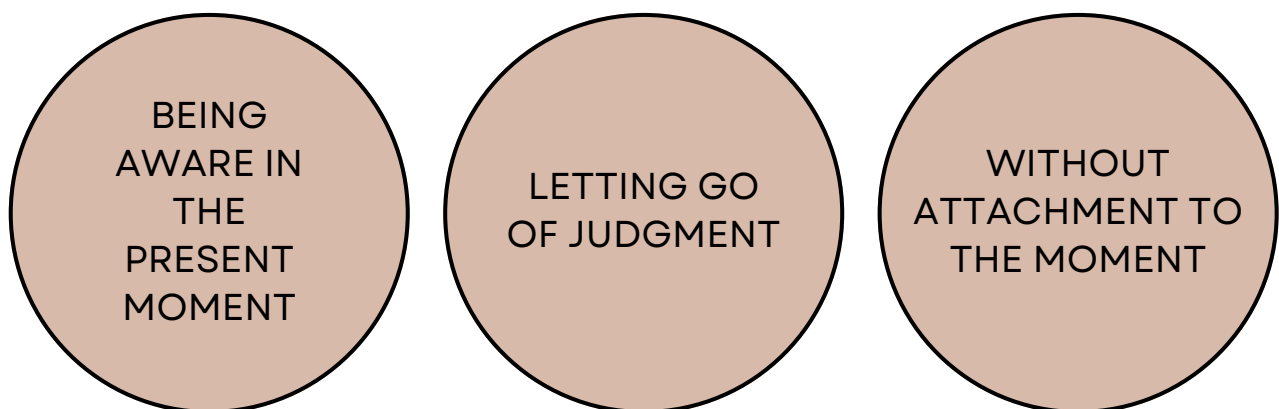
Present-moment awareness involves focusing on your current experiences, thoughts, and sensations without being preoccupied with past events or future uncertainties. By anchoring your attention to the present, you can better manage overwhelming emotions and make more informed decisions.

Non-judgmental awareness:

Non-judgmental awareness encourages you to observe your thoughts and experiences without labeling them as good or bad. This non-evaluative stance gives a more objective understanding of your internal and external world.

Non-attachment:

Non-attachment emphasises not clinging to the present moment or resisting change, allowing for greater adaptability in the face of life's inevitable fluctuations.



So, in summary, mindfulness involves paying attention to thoughts, feelings, and sensations without attachment or judgment. It encourages you to observe and describe your experiences in a balanced manner, fostering a greater understanding of yourself and your surrounding environment. Practising mindfulness is a foundation for developing skills such as distress tolerance, emotion regulation, and interpersonal effectiveness, so that you can navigate life's challenges with increased awareness and resilience.

The Tools of Mindfulness

“What”

“WHAT” TOOLS OF MINDFULNESS

The "What" tools of mindfulness involve paying attention to specific aspects of your experience. It's about observing and describing what is happening both internally (your thoughts, emotions, and sensations) and externally (your surroundings).

OBSERVE

paying attention to what's happening inside you and outside you.

DESCRIBE

putting words to your observations.

PARTICIPATE

fully engaging in the present moment.

“How”

“HOW” TOOLS OF MINDFULNESS

The "How" tools of mindfulness are about the way you approach and engage with your experiences. It's about not being judgmental, focusing on one thing at a time and taking actions that move you toward your goals.

NONJUDGMENTALLY

accepting your experiences without unnecessary judgment.

ONE-MINDFULLY

focusing on one thing at a time without getting distracted.

EFFECTIVELY

taking actions that help you achieve your goals

In simpler terms, "What" is about noticing and describing, while "How" is about doing so in a nonjudgmental, focused, and effective way. These tools can be applied in various situations to enhance your awareness, understanding, and overall well-being.

Observe, Describe, and Participate

In Dialectical Behaviour Therapy, the "Observe, Describe, and Participate" skills are part of the core "What" mindfulness skills you will need to develop non-judgmental awareness. Here's an explanation of each element:

OBSERVE

The "Observe" skill involves paying attention to your internal and external experiences without getting caught up in judgment or evaluation.

- Notice and be aware of what is happening in the present moment.
- Observe your thoughts and feelings, without judgment.
- Pay attention to any sensations that you feel in your body.
- Use your senses to gather information without attaching labels or interpretations.

DESCRIBE

"Describe" focuses on putting your observations into words, expressing them in a clear and objective manner.

- Label what you observe. A thought is just a thought, a feeling is just a feeling.
- Use your five senses to help you describe your experience.
- Ignore any interpretations and stick only to the facts.
- Use words to describe your experience. For example, "My jaw is clenching".

PARTICIPATE

"Participate" involves fully engaging in the present moment and the activities you are involved in, without holding back or being detached.

- Actively involve yourself in the task or situation at hand.
- Instead of being a passive observer, immerse yourself fully in the experience.
- Use your senses, staying present, and commit to the activity without distraction.
- Forget yourself, and give all your attention to the moment.

Practise Observing Skills

Here are some techniques to help you observe your experiences without judgment or attachment. By practising your observing skills, you will be able to notice the intricate details of the present moment.

Five Senses Exercise

Pay attention to what you see, hear, smell, taste, and touch in your immediate environment.

Cloud Watching

Observe and describe the shapes and movements of clouds in the sky.

Mindful Breathing

Focus on your breath without trying to change it, simply observing the natural rhythm.

Body Scan Meditation

Scan your body from head to toe, noticing any sensations without judgment.

Nature Walk

Take a walk in nature and observe the details of plants, trees, and wildlife.

Colour Meditation

Focus on a specific colour in your surroundings, noting various shades and intensities.

Street Sounds

Sit quietly and pay attention to the sounds of traffic, people, and other ambient noises.

Temperature

Notice the temperature of the air or objects you touch, describing the sensations.

Observing Emotions

Name and observe your emotions as they arise, without reacting to them.

Watching Flames:

Light a candle and observe the flame's movement and colours.

Art Appreciation

Look at a piece of art and observe the details, colours, and emotions it evokes.

Pulse Check

Feel your pulse and observe its rhythm and intensity.

Practise Describing Skills

Here are some ideas to help you describe your thoughts, emotions, and experiences with clarity and precision. By practising this skill, you will gain a deeper self-understanding and enrich your connection to the world around you.

Journaling

Write about your thoughts, emotions, and experiences in a journal using descriptive language.

Music Analysis:

Describe the emotions, instruments, and overall mood of a piece of music.

Scenery Description

Describe a scenic view, whether real or imagined, using rich and detailed language.

Emotion Wheel

Use an emotion wheel to identify and describe the nuances of your feelings.

Clothing

Describe the clothing you are wearing, paying attention to colours, textures, and how they make you feel.

Dream Journal

Describe your dreams in detail, exploring the imagery and emotions present.

Photograph

Describe the details of a favorite photograph, paying attention to colours, shapes, and emotions captured.

Weather Report

Describe the weather or climate using vivid and detailed language.

Mindful Eating

Describe the flavors, textures, and sensations while eating a meal or snack.

Sensory Description

Describe an object or experience using all five senses, incorporating sight, sound, touch, taste, and smell.

Self-Portrait

Create a self-portrait through words, describing your personality, interests, and emotions.

Room Description

Describe a room in your home or another space, noting colours, furniture, and the overall atmosphere.

Practise Participating Skills

Here are some ideas for activities to practise participate skills. Choose some of these to try so you can cultivate a sense of purpose, connection, and fulfilment through mindful participation.

Immersive Hobbies

Engage in hobbies or activities that captivate your attention, such as painting, playing a musical instrument, or gardening.

Cooking Mindfully:

Prepare a meal with full concentration, savoring each step and enjoying the sensory experience of cooking.

Dance Therapy

Put on your favorite music and dance freely, allowing yourself to fully express through movement without inhibition.

Mindful Walking

Practise mindful walking or running by focusing on the sensations in your body and the rhythm of your steps.

Yoga practise

Participate in a yoga session, paying attention to your breath, movements, and the connection between your body and mind.

Creative Writing

Write a story, poem, or journal entry with a sense of immersion, letting your thoughts flow without self-editing.

Role-Playing

Engage in role-playing scenarios to explore different perspectives and responses in a given situation.

Artistic Expression

Create art without a specific goal in mind, allowing your creativity to guide the process without judgment.

Mindful Cleaning

Participate in cleaning activities with full attention, appreciating the process and the result.

Volunteer Work

Engage in volunteer activities, participating in service to others and fostering a sense of connection to your community.

Active Listening

Participate in conversations with full attention, actively listening to others without interrupting or planning your response.

Nature Immersion

Spend time in nature, fully participating in the experience by observing, touching, and connecting with the natural surroundings.

“What” Skill Reflection

OBSERVE

Paying attention to your internal and external experiences without getting caught up in judgment or evaluation.

DESCRIBE

Putting your observations into words, expressing them in a clear and objective manner.

PARTICIPATE

Fully engaging in the present moment and the activities you are involved in, without holding back or being detached.

OBSERVING

Reflect on how you applied the skill of observing during the chosen situation. What specifics did you consciously observe? Were you able to notice your thoughts, emotions, and external factors without immediate judgment?

DESCRIBING

Consider how you used the skill of describing to understand and communicate your experience. Did you use words to label and describe your observations? How well were you able to articulate your thoughts and feelings?

PARTICIPATING

Explore your involvement in the situation through the lens of the participating skill. How fully were you engaged in the moment? Did you actively contribute to the experience, or were you more of an observer?

Mindfulness “How” Skills

Here's a checklist for practising the "How" skills of mindfulness in Dialectical Behaviour Therapy (DBT):

NONJUDGMENTALLY

- Notice thoughts and emotions without labeling them as good or bad.
- Acknowledge experiences with curiosity and openness, suspending judgment.
- Use neutral and descriptive language when expressing your experiences.
- Avoid attaching value judgments to your thoughts, feelings, or actions.
- Cultivate an attitude of acceptance towards your present moment experiences.
- Allow yourself to feel and acknowledge emotions without judgment.

ONE-MINDFULLY

- Engage fully in the current moment without distraction.
- Bring your attention to the task at hand, avoiding multitasking.
- Identify and minimize external distractions that may divert your focus.
- Set aside dedicated time for specific activities to enhance concentration.
- Practise doing one thing at a time with full attention.
- Prioritise tasks and give your complete focus to each one before moving on.

EFFECTIVELY

- Clearly define your objectives and what you want to achieve.
- Ensure your goals align with your values and priorities.
- Determine the importance and urgency of tasks to guide your actions.
- Prioritise self-care and well-being.
- Assess situations objectively by gathering all relevant information.
- Challenge and validate assumptions to make more informed decisions.
- Consider various options and choose actions that align with your goals.
- Evaluate the potential consequences of different choices.
- Periodically assess whether your actions are moving you toward your goals.
- Adjust your approach if needed, staying responsive to changing circumstances.

“How” Skill Reflection

NONJUDGMENTALLY

Accepting your experiences without unnecessary judgment.

ONE-MINDFULLY

Focusing on one thing at a time without getting distracted.

EFFECTIVELY

Taking actions that help you achieve your specific goals.

NONJUDGMENTALLY

Describe a recent situation where you were not judgmental towards yourself or others. How did you suspend judgment and refrain from labeling experiences as good or bad? Did being nonjudgmental contribute to increased self-acceptance or understanding? If so, how?

ONE-MINDFULLY

Think about a moment when you were fully present and engaged in a single task or activity. Describe the experience. How did you maintain focus on the present moment without getting distracted? Did practising one-mindfully enhance your ability to complete tasks or deepen your enjoyment of the experience?

EFFECTIVELY

Reflect on a situation where you applied effective strategies to achieve your goals or navigate challenges. Provide a brief overview. What specific skills or approaches did you use to act skillfully in this situation? How did your effectiveness contribute to positive outcomes or resolutions?

Non-Judgmental Awareness

Here are five ways to practise being non-judgmental when practising mindfulness:



Mindful Awareness:

Focus on observing your thoughts, emotions, and sensations without labeling them as good or bad. Simply acknowledge their presence and let them pass without attaching judgments.



Gentle Self-Observation:

When noticing your thoughts or reactions, approach them with curiosity and gentleness rather than criticism. Be an impartial observer of your own experiences, allowing them to unfold without self-condemnation.



Breath-Centered Meditation:

During meditation, use your breath as an anchor to the present moment. When your mind starts to wander or judgments arise, gently bring your focus back to the breath without attaching meaning or criticism to your thoughts.



Neutral Language:

Choose neutral and descriptive language when describing your experiences. Instead of labeling an emotion as "good" or "bad," use words that simply describe the emotion without attaching value judgments.



Acceptance of the Present Moment:

Practise accepting the present moment as it is, without wishing it to be different or passing judgment on its content. Embrace the idea that each moment holds its own unique qualities without needing to be evaluated.

Being Aware in the Present Moment

Here are five ways to practise being aware in the present moment when practising mindfulness:



Breath Awareness:

Focus your attention on your breath, observing the sensations of each inhalation and exhalation. This simple yet powerful practice anchors you to the present moment and promotes mindfulness.



Body Scan Meditation:

Engage in a body scan meditation, systematically bringing your awareness to different parts of your body. Notice any sensations, tension, or relaxation without judgment, cultivating a deeper connection with your physical presence in the here and now.



Five Senses Exercise:

Engage your five senses intentionally. Take a moment to observe five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. This exercise grounds you in the present moment by activating each sense.



Observing Thoughts Without Attachment:

Sit quietly and observe your thoughts without becoming entangled in them. Acknowledge each thought as it arises and let it pass, maintaining a detached awareness. This practice helps you develop a mindful distance from the constant stream of thoughts.



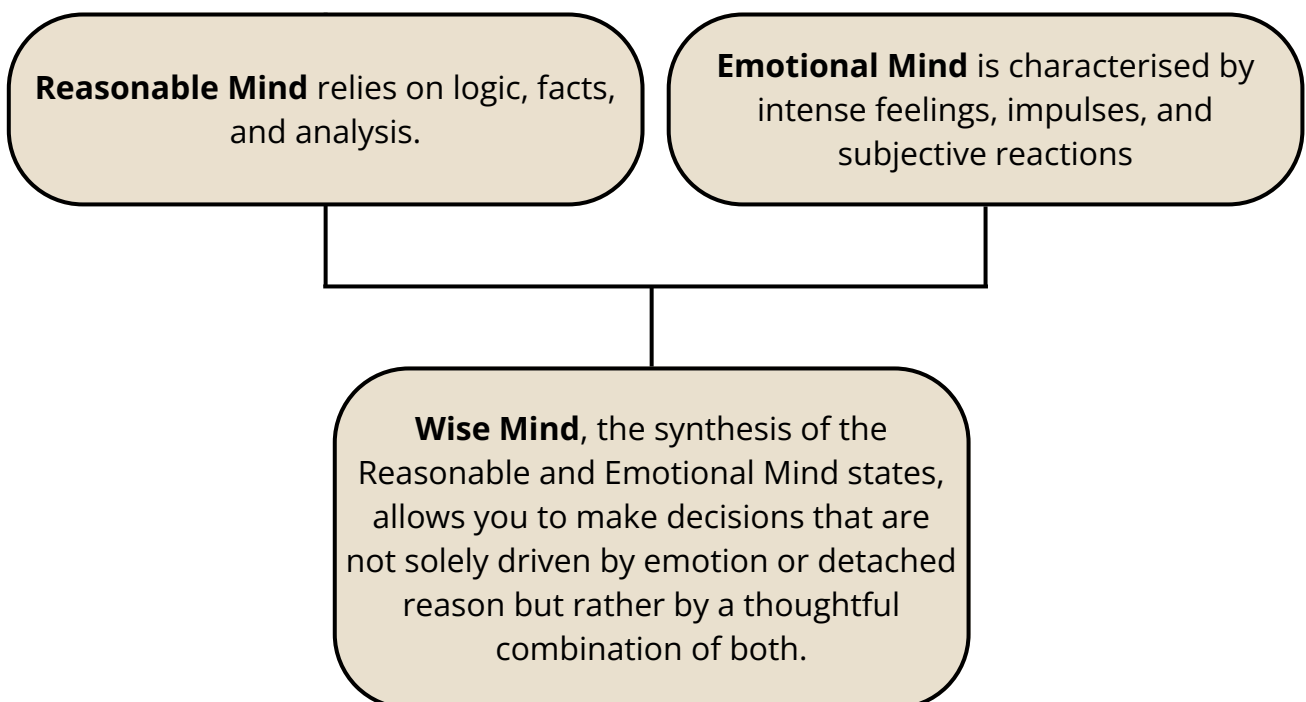
Open Awareness:

Cultivate a state of open awareness by broadening your attention to encompass your entire field of experience. Instead of focusing on a specific object or sensation, allow your awareness to expand, embracing all that is happening around you and within you.

The Wise Mind

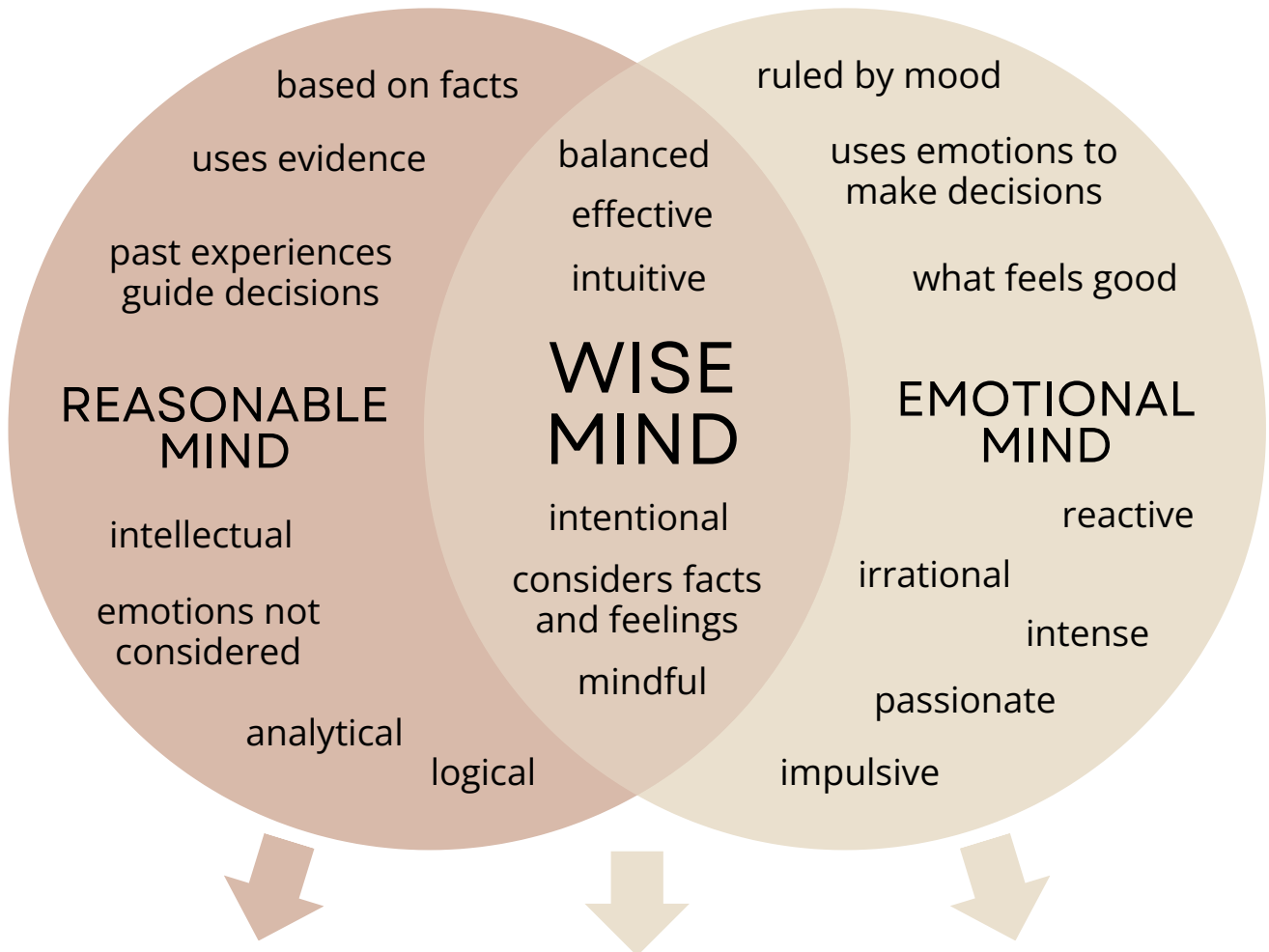
Wise Mind is a concept central to Dialectical Behaviour Therapy (DBT), developed by Dr. Marsha M. Linehan. It represents a balanced and integrated state of mind that combines both emotional understanding (Emotional Mind) and logical reasoning (Reasonable Mind). The goal of Wise Mind is to foster a balanced approach to decision-making and emotional regulation.

In Wise Mind, you are encouraged to consider both your emotional responses and rational thoughts when navigating situations. Emotional Mind is characterised by intense feelings, impulses, and subjective reactions, while Reasonable Mind, the synthesis of these two states, allows individuals to make decisions that are not solely driven by emotion or detached reason but rather by a thoughtful combination of both.



Practising Wise Mind involves mindfulness, self-awareness, and a non-judgmental acceptance of your emotions and thoughts. It is a skill developed through DBT to help you respond to challenging situations with greater resilience and effectiveness, fostering a more balanced and adaptive approach to life's complexities.

The Wise Mind



REASONABLE MIND	WISE MIND	EMOTIONAL MIND
<p>Logical, objective, analytical.</p> <p>Reasonable mind is like a cool, calm computer. It thrives on facts, figures, and rational thinking. In this state, decisions are made based on logic and objective evidence.</p>	<p>Integrative, balanced, intuitive.</p> <p>Wise mind is the harmonious blend of reason and emotion, forming a holistic view. It is the sweet spot where thoughtful analysis meets intuition.</p>	<p>Subjective, reactive, intense.</p> <p>Emotional mind is akin to a passionate flame. It is driven by feelings, desires, and intense emotions. In this state, decisions are influenced by emotional reactions.</p>

How to Practise Wise Mind

Engage in a mindful breathing meditation to anchor yourself in the present moment and cultivate a sense of balance between reason and emotion.

Keep a journal to explore both logical and emotional aspects of your experiences. Write about your thoughts, feelings, and the synthesis of the two.

Check in with your Wise Mind. Ask what your reasonable mind, emotional mind, and the balanced synthesis of both are saying in different situations.

Make decisions mindfully by considering both the logical and emotional aspects. Reflect on the consequences and benefits before choosing an action.

Cultivate self-compassion by treating yourself with kindness. Recognise that you are human, and like everyone else, you are a blend of reason and emotion.

Develop a set of Wise Mind affirmations. Repeat these affirmations regularly to reinforce the concept of balanced awareness and decision-making.

Practise a mindful body scan, paying attention to sensations in different parts of your body. Connect with the physical and emotional aspects of your being.

Observe emotions without judgment. Allow yourself to feel without attaching labels or criticisms, creating space for a more balanced understanding.

Take a mindful walk in nature, allowing the sights, sounds, and sensations to contribute to a sense of balance and interconnectedness.

Recognise that circumstances, emotions, and thoughts are constantly evolving, and wise mind involves adapting to these changes with resilience.

Wise Mind and Decision-Making

Consider a recent decision you had to make or a current situation where a decision is required. This could be related to work, relationships, or personal goals.

List the aspects of **Reasonable Mind** that are influencing your decision-making - involves logical analysis, facts, and a focus on what seems rational and objective.

Identify aspects of **Emotional Mind** that are playing a role in your decision-making. Explore the emotions and feelings connected to the decision, acknowledging their impact.

Consider how **Wise Mind** can be integrated. Reflect on ways to balance Reasonable Mind and Emotional Mind, allowing for a more holistic decision-making process.

Wise Mind Journaling

Choose a recent situation or decision in your life that requires thoughtful consideration. It could be a personal, professional, or relational matter.

Provide a brief description of the situation. Outline the key factors, people involved, and the decisions or actions that need to be made.

Reflect on the logical aspects of the situation. Consider the facts, data, and objective analysis and how a **Reasonable Mind** would approach the situation.

Acknowledge the emotions connected to the situation. How would an **Emotional Mind** approach the situation?

Integrate both Reasonable and Emotional Minds into **Wise Mind**. Reflect on how to find a balance between logic and emotions.

Emotional Mind Reflection

Reflect on your experiences and reactions from an emotional perspective using the following prompts. Consider how your emotions influence your thoughts, behaviours, and interactions with others.

Briefly describe a recent situation or event that evoked strong emotions for you.

List the emotions you experienced (e.g., anger, sadness, joy). Rate the intensity of each emotion on a scale of 1 to 5, with 1 being mild and 5 being overwhelming.

	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5

What specific factors or events triggered these emotions for you? Were there any underlying thoughts or beliefs contributing to your emotional response?

Physical Sensations

Describe any physical sensations or changes in your body associated with these emotions.

Behavioural Reactions

Did you engage in any impulsive or reactive behaviours? Were there any actions you took to cope with your emotions?

Reflect on Thoughts

What thoughts accompanied these emotions? Were they helpful or unhelpful in managing your emotions?

Reasonable Mind Reflection

Take some time to reflect on your experiences and reactions from a rational and logical perspective using the following prompts. Consider how your thoughts and reasoning influence your decisions, problem-solving, and understanding of situations.

Describe a situation or event where you relied heavily on logical reasoning and rational thinking.

List the key logical thoughts or beliefs that guided your approach to this situation.

How did you approach problem-solving in this situation? Did you break down the problem into manageable parts, identify potential solutions, or seek input from others?

What strengths did you demonstrate in your use of Reasonable Mind in this situation? Were there any limitations or areas for improvement?

Wise Mind Reflection

Take some time to reflect on your experiences and reactions from a Wise Mind perspective using the following prompts. Consider how you can integrate both Reasonable Mind and Emotional Mind to access your Wise Mind and make balanced decisions.

Describe a recent situation where you felt grounded and balanced, accessing your Wise Mind .	
List the logical thoughts or beliefs that guided your approach to this situation, acknowledging the role of Reasonable Mind .	Identify the emotions you experienced in this situation, recognising the influence of Emotional Mind .
Reflect on how you integrated both your logical thoughts and emotional responses to achieve a balanced perspective.	
Assess the outcome of your approach. Did accessing your Wise Mind lead to a positive resolution or understanding of the situation?	

Questions to Determine If You're in Wise Mind

These questions can help you reflect on your state of mind and discern whether you're accessing Wise Mind in various situations.

Am I considering both my logical thoughts and my emotions in this situation?

Am I able to make decisions that align with my values and long-term goals?

Do I feel a sense of balance and clarity about the situation?

Am I able to accept the reality of the present moment without judgment?

Am I able to regulate my emotions and respond skillfully rather than be impulsive?

Do I feel connected to my intuition and inner wisdom?

Am I approaching this situation with understanding, both for myself and others?

Am I able to find a sense of peace and acceptance, even in the face of uncertainty?

Am I empowered to take action yet also surrendering to what's beyond control?

Am I able to let go of attachments to outcomes and trust in the process of life?

Can I recognise when I need to seek support or guidance from others?

Am I able to stay present in the moment?

Can I approach challenges with creativity and flexibility?

Do I feel a sense of alignment between my thoughts, feelings, and actions?

Can I see the bigger picture and potential consequences of my actions?

Balancing Doing Mind and Being Mind



DOING MIND

a task-oriented mindset, emphasising action and productivity; fully engaged in completing tasks and achieving goals, often driven by external demands or internal pressures; accomplishing tasks efficiently and effectively; emphasising the execution of plans and the attainment of tangible outcomes.

WISE MIND

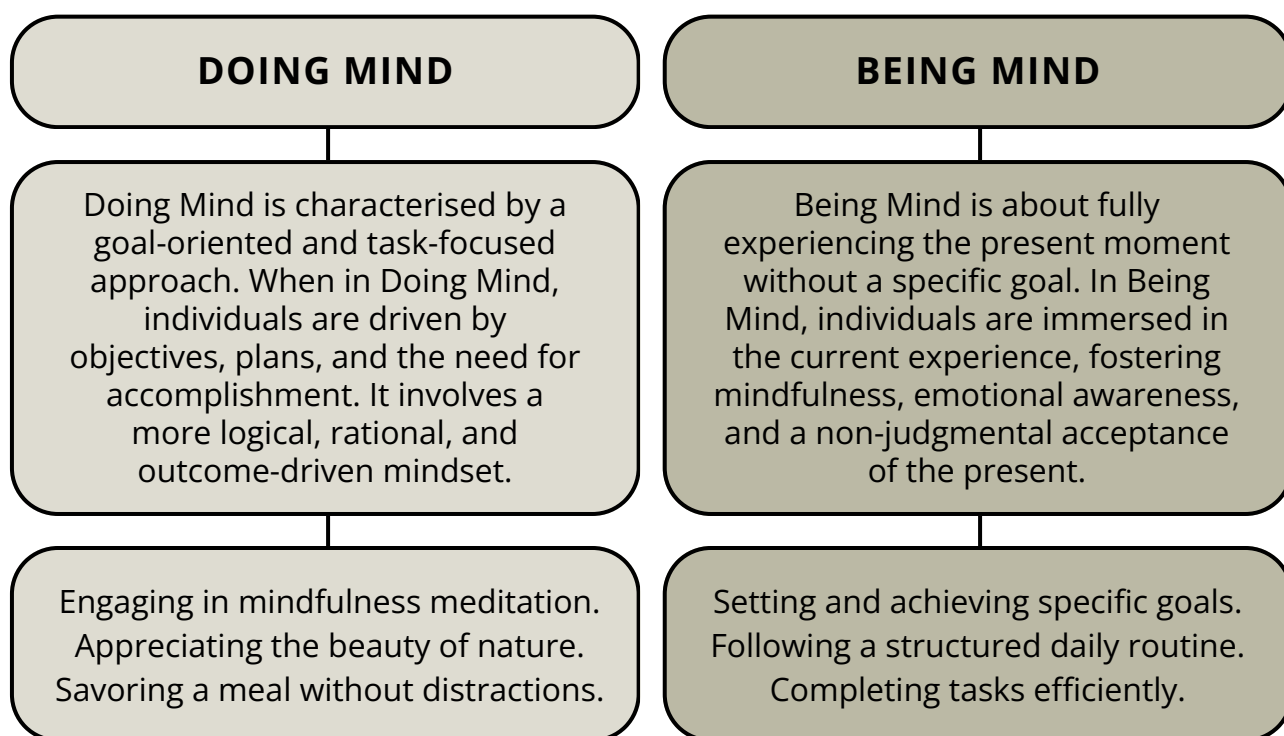
fusion of emotion and reason; encompasses both intuitive insights and logical analysis; recognising emotions while also considering the rational implications; developing a deeper understanding of self and others, fostering more meaningful connections and constructive relationships.

BEING MIND

a state of present-moment awareness and acceptance; cultivating a deep sense of connection; paying attention to the present moment without judgment; letting go of regrets about the past and worries about the future; focusing on sensations, thoughts, and emotions arising in the present.

Balancing Doing Mind and Being Mind

In Dialectical Behaviour Therapy (DBT), Marsha Linehan introduces the concept of Doing Mind and Being Mind as two states of mind that individuals often oscillate between. Achieving a balance between these states is essential for cultivating Wise Mind - the state of mind that integrates reason (Doing Mind) and emotion (Being Mind).



Balancing Doing Mind and Being Mind

The key is to find a balance between these two states, recognizing when to actively engage in tasks and when to be fully present in the moment. For instance, in highly stressful situations, Doing Mind may be essential for problem-solving, but incorporating Being Mind moments allows for emotional regulation and overall well-being.

Integration for Wise Mind

By integrating Doing Mind and Being Mind, individuals can access Wise Mind - a state that combines the wisdom of reason and the richness of emotions. This integrated state supports effective decision-making, stress management, and a more balanced approach to life.

Balancing Doing Mind and Being Mind

These scenarios illustrate how someone might experience and approach different situations from the perspectives of Doing Mind, Wise Mind, and Being Mind.

Scenario: Completing a Work Project

Doing Mind	Wise Mind	Being Mind
<p>You are solely focused on meeting deadlines, achieving specific goals, and completing tasks efficiently. The emphasis is on productivity, and you may find yourself less attuned to your emotions.</p> <p>Your mindset is logical and goal-oriented, tackling each task methodically. You may feel a sense of accomplishment upon completion but might miss the richness of the experience.</p>	<p>You consider both the logical steps and the emotional aspects. You understand that achieving goals and maintaining emotional well-being are both essential.</p> <p>Decision-making is wise, taking into account the importance of the project's outcome and the well-being of everyone involved. You may experience a sense of fulfilment, knowing that you've considered both aspects.</p>	<p>You immerse yourself in the present moment, appreciate the details and engage with the process. Your focus is on the experience, and you find joy in the creative aspects of the work.</p> <p>Your approach is mindful, emphasising the quality of each moment rather than just the end result. While the project's completion is a goal, the journey is equally valued, fostering a sense of satisfaction.</p>

Scenario: Spending Time in Nature

Doing Mind	Wise Mind	Being Mind
<p>You have a specific goal, such as getting exercise. The focus is on achieving the set objectives, and you may be less attuned to the sensory and emotional aspects of the natural environment.</p> <p>Your actions are goal-oriented, and you may find fulfilment in the accomplishment of tasks, but you might miss the opportunity to fully connect with the beauty of nature.</p>	<p>You appreciate the value of both the physical activity and the emotional well-being that nature provides. You know that being in nature contributes to your overall balance.</p> <p>Balancing the need for exercise with the mindfulness of the natural surroundings, you find joy in both the physical activity and the sensory experience, fostering a holistic connection.</p>	<p>You fully engage your senses in the natural environment. The experience is about being present and absorbing the beauty around you.</p> <p>You approach nature with a sense of wonder, embracing the opportunity to fully immerse yourself in the moment. The goal is not just to complete an activity but to appreciate and connect with the natural world.</p>

Emotional Mind Journal Prompts

Emotional Mind is a state of mind characterised by intense emotions, feelings, and subjective reactions. When operating from Emotional Mind, you may be driven by your emotional responses without considering logical reasoning or facts. This state can lead to impulsive behaviour, heightened sensitivity, and difficulty in seeing alternative perspectives. Recognising and understanding Emotional Mind is essential for effective emotional regulation and decision-making.

- 1 Describe a situation where you felt overwhelmed by emotions. What emotions were they, and how did they influence your thoughts and actions?
- 2 Reflect when you made a decision purely based on your emotions. How might it have been different with a more balanced approach?
- 3 List three emotions you commonly experience in Emotional Mind. How do these emotions impact your daily life and relationships?
- 4 Explore any patterns or triggers that consistently lead you into Emotional Mind. What thoughts tend to intensify your emotional responses?
- 5 Consider a recent disagreement or conflict. Were your reactions primarily driven by emotions or logical reasoning?
- 6 Think about a situation where you regret how you responded emotionally. What alternative responses could have aligned more with Wise Mind?
- 7 How do you typically cope with overwhelming emotions in the moment? Are these coping mechanisms effective in the long run?
- 8 Identify positive aspects of Emotional Mind. Are there situations where emotional intensity has been beneficial or led to positive outcomes?
- 9 Explore any challenges you face when attempting to shift from Emotional Mind to Wise Mind. What internal or external barriers hinder this transition?
- 10 Imagine a scenario where you successfully navigate a challenging situation using a balance of emotions and reason. What does that look like?

Reasonable Mind Journal Prompts

Reasonable Mind is a state of mind characterized by logical reasoning, analysis, and factual thinking. When operating from Reasonable Mind, you may focus on facts, evidence, and objective observations, often minimizing emotional considerations. An exclusive reliance on Reasonable Mind may lead to a lack of emotional awareness and understanding. Balancing Reasonable Mind with Emotional Mind in Wise Mind allows for a more comprehensive and effective approach to various situations.

- 1 Recall a situation where you primarily used logical reasoning. What were the key facts and considerations that influenced your decision?
- 2 Reflect on a time when you may have overlooked emotions in a situation. What happened, and how might considering emotions have impacted you?
- 3 List three situations where applying Reasonable Mind has been particularly effective for you.
- 4 Explore any challenges or drawbacks you've experienced when relying solely on Reasonable Mind. How did this impact your emotional well-being?
- 5 Consider a goal you're currently working towards. How can Reasonable Mind help you break down this goal into actionable steps and logical plans?
- 6 Identify areas in your life where facts are important. How can you get a balance between factual reasoning and emotional awareness?
- 7 Reflect on a recent conflict where emotions played a significant role. How might incorporating Reasonable Mind have influenced the resolution?
- 8 Explore your comfort level with uncertainty. How does Reasonable Mind help you cope with unpredictability in various aspects of your life?
- 9 Consider a situation where you struggled to connect with others. How might incorporating aspects of Reasonable Mind enhance this?
- 10 Imagine a scenario where you successfully navigate a complex issue by integrating Reasonable Mind and Emotional Mind. What does that look like?

Wise Mind Journal Prompts

These journal prompts can serve as starting points for self-reflection and exploration of Wise Mind principles in various aspects of your life.

1

Reflect on a recent decision you made. How did you integrate both logical reasoning and emotional intuition in the decision-making process? How did accessing Wise Mind contribute to the outcome?

2

Describe a challenging situation you encountered recently. How did you navigate the situation with Wise Mind? What insights did you gain from approaching the situation with balance and clarity?

3

Think of a time when you experienced a strong emotion, such as anger, sadness, or fear. How did you apply Wise Mind to regulate your emotions and respond skillfully to the situation?

4

Consider a goal or aspiration you have for yourself. How can you align this goal with your Wise Mind values and priorities? What steps can you take to pursue this goal mindfully and effectively?

5

Reflect on a past mistake or failure. How did you respond to the situation at the time? How might you approach a similar situation differently with the wisdom of hindsight and Wise Mind?

6

Describe a moment of deep connection or contentment you experienced recently. How did you cultivate Wise Mind awareness in that moment? What lessons can you take from that experience?

7

Think of a relationship that is important to you. How do you maintain Wise Mind communication and understanding in this relationship? What strategies do you use to navigate conflicts with balance and empathy?

8

Consider a challenging obstacle or setback you've encountered recently. How did you approach the situation with resilience and Wise Mind perseverance? What strengths did you draw upon?

9

Reflect on a time when you practised self-care or self-compassion. How did accessing Wise Mind guide your actions and choices in taking care of yourself?

10

Imagine your ideal vision of living in Wise Mind. What would it look like to embody balance, clarity, and wisdom in all areas of your life? What steps can you take to move closer to this vision?

Loving-Kindness

Loving-kindness is a form of meditation and involves cultivating a deep sense of compassion and goodwill toward oneself and others. The practice of loving-kindness is rooted in the intention to promote love, happiness, and well-being.

How to Practise Loving-Kindness

1. Start by taking a few deep breaths to center yourself. Pay attention to the natural rhythm of your breath, using it as an anchor to the present moment.
2. Set a loving intention for your practice. This could be a wish for your own well-being or the well-being of others. For example, "May I (or others) be happy, healthy, and at ease."
3. Begin by extending loving-kindness towards yourself. Repeat phrases like, "May I be happy, may I be healthy, may I be safe, may I be at ease." Visualize feelings of warmth and compassion enveloping you.
4. Gradually expand your focus to include others in your life. This can start with loved ones, then friends, acquaintances, and eventually all beings. Use similar phrases, adjusting them to suit the person: "May you be happy, may you be healthy, may you be safe, may you be at ease."
5. Challenge yourself by including people you may have conflicts with or find challenging. Extend the same well-wishing sentiments to them, fostering a sense of empathy and understanding.
6. In the final stage, broaden your loving-kindness to all beings without exception. Imagine your wishes for happiness and well-being extending to every corner of the world.

Throughout the practice, remain mindful of your intentions and the feelings that arise. If distractions or negative thoughts emerge, gently bring your focus back to the loving-kindness phrases.

Radical Acceptance

Radical Acceptance is the practice of fully and completely accepting reality as it is, without judgment or resistance. It involves acknowledging and embracing the present moment, including both pleasant and unpleasant experiences.

Key Components of Radical Acceptance

Non-Judgment

Involves suspending judgment about the situation, oneself, or others. It involves letting go of the "shoulds" and "shouldn'ts" and accepting things as they are.

Acknowledgment

Involves acknowledging the reality of the situation, including any painful emotions or difficult circumstances. Instead of denying reality, it encourages facing it.




Embracing Reality

Requires embracing reality with open arms, even if it's not what we would prefer or if it brings discomfort. It means saying "yes" to life as it is, rather than wishing it were different.

The Role of Radical Acceptance in Wise Mind:

Radical Acceptance is a crucial skill in Wise Mind, bridging the gap between Emotional Mind and Reasonable Mind. It enables individuals to face reality with both emotional awareness and logical understanding, fostering a more balanced and effective approach to life's challenges.

Benefits of Radical Acceptance:

		
Reduced Emotional Suffering By accepting the reality of a situation, individuals can reduce the emotional distress that often arises from resistance and denial.	Improved Decision-Making Allows for clearer and more rational decision-making by acknowledging the facts without being clouded by emotional reactivity.	Enhanced Resilience Promotes emotional resilience by teaching individuals to cope with and adapt to challenging circumstances rather than being overwhelmed by them.

Radical Acceptance

Take some time to reflect on a challenging situation or circumstance in your life. Use the prompts below to practise Radical Acceptance and explore ways to embrace reality as it is.

Describe the situation that you're struggling to accept. Include details about what happened and how it has affected you.

Reflect on any resistance or reluctance you feel toward accepting this situation as it is. What thoughts or emotions arise when you consider fully embracing reality?

Write down any judgmental thoughts or beliefs you have about the situation, yourself, or others involved. Notice any "shoulds" or "shouldn'ts".

Imagine fully embracing reality as it is, without judgment. What would it feel like to accept this situation with open arms, acknowledging its presence in your life?

Reflect on your experience of practising Radical Acceptance with this situation. What insights or realizations have you gained?

Radical Acceptance Thinking

Reflect on a challenging situation in your life. What is your typical thinking in this situation? Can you change that to any of these radical acceptance ways of thinking?

"Acceptance is the first step toward change."

"I cannot change the past, but I can shape my future."

"This too shall pass, and I will emerge stronger."

"I choose peace over inner turmoil."

"Letting go of control brings me freedom."

"It is what it is, and I can handle it."

"Accepting reality empowers me to focus on positive change."

"I don't have to like it, but I can accept it."

Describe the situation that you're struggling to accept. Include details about what happened and how it has affected you.

Typical Thinking

Radical Acceptance Thinking

Wise Mind Distracts with ACCEPTS

Using ACCEPTS skills with Wise Mind involves integrating various strategies to manage distressing emotions and situations while maintaining a balanced perspective.

A	ACTIVITIES Engage in activities that promote relaxation and distraction, such as going for a walk or listening to music. By focusing on meaningful tasks, you can shift attention away from distressing thoughts.
C	CONTRIBUTING Channel energy into helping others or contributing to a cause. Volunteering, offering support to friends or family, or participating in community events can provide a sense of purpose and fulfilment.
C	COMPARISONS Compare the current situation to a more manageable or positive one. Reflecting on past experiences where similar challenges were overcome or envisioning a hopeful future outcome can provide perspective.
E	EMOTIONS Allow yourself to fully experience and express emotions in a healthy way. Instead of suppressing or avoiding emotions, you can acknowledge and validate your feelings.
P	PUSHING AWAY Temporarily set aside distressing thoughts or emotions to focus on more immediate tasks or responsibilities. While pushing away should not be used as a long-term strategy, it can provide temporary relief.
T	THOUGHTS Challenge negative or unhelpful thoughts by practising cognitive reframing techniques. Replace irrational or catastrophic thinking patterns with more realistic and adaptive interpretations.
S	SENSATIONS Ground yourself in the present moment by focusing on physical sensations. Engage in mindfulness practices such as deep breathing or body scans to anchor attention in the present moment.

Wise Mind Distracts with ACCEPTS

When facing distressing emotions or situations, use the following worksheet to apply the ACCEPTS tool for Wise Mind distraction. This tool provides various strategies to help shift your focus away from distress and toward healthier coping mechanisms.

Describe the distressing situation or emotion you're currently experiencing.		
A	ACTIVITIES	List enjoyable or engaging activities you can participate in to distract yourself. This could include hobbies, sports, crafts, or other interests.
C	CONTRIBUTING	Channel energy into helping others or contributing to a cause. Volunteering, supporting others, or participating in community events.
C	COMPARISONS	Compare the current situation to a more manageable or positive one. Reflect on past experiences where similar challenges were overcome.
E	EMOTIONS	Allow yourself to fully experience and express emotions in a healthy way instead of suppressing or avoiding emotions.
P	PUSHING AWAY	Temporarily set aside distressing thoughts or emotions to focus on more immediate responsibilities (not as a long-term coping strategy).
T	THOUGHTS	Challenge negative or unhelpful thoughts by practicing cognitive reframing techniques.
S	SENSATIONS	Ground yourself in the present moment by focusing on physical sensations. Engage in mindfulness practices such as deep breathing.

Within you, there is
a stillness and a
sanctuary to which
you can retreat
at any time
and be yourself.

HERMANN HESSE



WHEREVER
YOU ARE,
BE THERE
TOTALLY.

- ECKHART TOLLE

Mindfulness Tips

1

Display mindfulness quotations in places where you'll see them as reminders to practise mindfulness.

2

Focus your attention on your breath so that it anchors you to the present moment.

3

Choose a routine everyday activity and make an effort to be aware and present during this activity.

4

Use all your senses to notice small details and events in your everyday life.

5

Immerse yourself in activities, focusing your mind wholly on the task to be done.