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State of Mind

DBT teaches three states of mind:

Emotion mind

Wise mind

Reason mind

Emotion Mind

When we are in emotion mind, we are focused on our emotions. This means that our feelings are in charge, and our thoughts and behaviors are driven by them. We can be in emotion mind with both enjoyable and difficult emotions. In emotion mind, we are not focused on the facts and are instead just experiencing and focusing on feelings. Here are examples of situations that trigger emotion mind.

- Breaking up with your significant other.
- Fighting with your parents.
- Writing Poetry.
- Falling in love.
- Listening to music.

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- _____

Reason Mind

When we are in reason mind, we are focused on the facts. This means that we are analyzing and thinking logically. In reason mind, our thoughts and behaviors are guided by facts. We are not focused on or feeling much emotion in reason mind. Here are some examples that trigger reason mind:

- Solving a math problem.
- Learning to drive.
- Baking cookies.
- Reading a book.

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Wise Mind

When we are in wise mind, we are able to feel our emotions and focus on the facts. In wise mind, we make decisions based both on how we feel and the facts. In wise mind, we make decisions based on how we feel and the facts. Wise mind helps us to do what is healthy and effective. Here are some examples of situations for wise mind:

- Doing homework before going out with friends.
- Asking for help when frustrated with homework.
- Using a DBT skill instead of acting on self-harm urges.
- _____
- _____

Although it is normal to be in emotion mind and reason mind, it is important that we strive to be in wise mind. When we are in wise mind, we are best able to take care of ourselves and act effectively.

Homework: Spend time reflecting on which state of mind you tend to be in the most and what you can do to move towards being in wise mind.

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