



My wise mind worksheet

Name the situation, place it across emotion mind and reasonable mind, look for wise mind, notice your body, and try a short practice.

01 The situation

Thoughts of harming yourself are serious. If this decision is about your safety, or you are having thoughts of harming yourself, put safety first and talk to someone now before using a worksheet: Samaritans 116 123 (UK and Ireland), 988 (US), or findahelpline.com. Also, if the other person in the situation frightens or controls you, this is not the tool to use. See the helplines page (selfgrowth.org/help).

What is the decision or situation? Just the facts, in a few lines.

How strong is the emotion right now?

1

2

3

4

5

6

7

8

9

10

Very calm

Overwhelming

02 Emotion mind

Emotion mind is when feelings and urges are in charge. It is not bad: it holds what matters to you. Write what it is saying, without tidying it up.

What am I feeling? (name as many as you can)

What does the feeling want me to do, right now?

What does this feeling tell me matters to me?

03 Reasonable mind

Reasonable mind is when facts, plans and logic are in charge. It is useful too, but on its own it can leave out what you care about. Write what it would say if feelings were not in the room.

The facts I am sure of

1.

2.

3.

What would a sensible, practical person say to do?

What might this side be leaving out?

04 Looking for wise mind

Wise mind is the overlap: you have heard both sides and you are not being pushed by either. It can feel like a quiet sense of knowing. Do not hunt for it. Read what you wrote above, take three slow breaths, then ask.

What do the two sides have in common?

If I took both seriously, what would I do? (or: not clear yet)

How settled does this feel?

1 2 3 4 5 6 7 8 9 10

Not at all

Fully settled

Is there a small step I can take today, and a bigger one that can wait?

05 How wise mind feels in my body

Bodies give hints. Emotion mind might feel hot, tight or fast. Reasonable mind might feel flat or detached. Wise mind may feel steadier, but everyone is different. Tick what you notice, and add your own.

- ☐ My breathing is slower or deeper
- ☐ My shoulders or jaw have dropped
- ☐ My chest or stomach feels quieter
- ☐ I can hold the problem without needing to act this second
- ☐ I feel steady even though the problem is still there
- ☐ I feel a sense of 'yes, that is right', or 'no, that is not'
- ☐ I could explain my choice to someone I trust without squirming

What emotion mind feels like in my body:

What wise mind feels like in my body:

06 A short practice, and a log

Try this for a minute or two when you are not in a crisis. Sit comfortably and breathe slowly. On each out-breath, quietly ask yourself, 'What do I feel, and what do I know?' You do not need an answer. Just notice what comes. If your mind wanders, return to the breath without scolding yourself. If you have a medical reason to avoid breathing exercises, skip it. Then log it.

When	Before	Which mind was driving?	After
Date, and what was happening	1 to 10		1 to 10

When you're done, a moment to reflect

- When you make a poor decision, is it from the feeling alone, the logic alone, or something else?
- What would you want a friend to remember about this situation?
- Which side did you find harder to write: emotion mind or reasonable mind? What might that tell you?
- What is one thing that helps you slow down before you act?
- Is there part of this that needs another person's view, a GP or a counsellor rather than more thinking?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/wise-mind-worksheet



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.