




Wise Mind Homework

This week I might try to be in Wise mind instead of Reasonable mind or Emotion mind.

I'll try to remember that there are things I can do to make sure I'm in wise mind.

I can keep track of what I'm learning on the chart below:

I can use wise mind by...	Day 1	Day 2	Day 3	Day 4	Day 5
<p>Pausing before reacting. (Stop, breathe, wait 5-10 seconds.)</p> 					
<p>Naming the emotion I am feeling. Validating my emotions.</p> 					
<p>Checking the facts. What do I actually know vs. what I assume?</p> 					
<p>Asking for support if my emotions feel to big to handle on my own.</p> 