Your mind has three states: The reasonable mind, the emotional mind, and the wise mind. Everyone possesses each of these states, but most people gravitate toward a specific one most of the time.

**The emotional mind** is used when feelings control a person’s thoughts and behavior. They might act impulsively with little regard for consequences.

**The wise mind** refers to a balance between the reasonable and emotional halves. They are able to recognize and respect their feelings, while responding to them in a rational manner.

**A person uses their reasonable mind** when they approach a situation intellectually. They plan and make decisions based on fact.

Describe an experience you’ve had with each of the three states of mind.

<table>
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<tr>
<th>Reasonable</th>
<th>Emotional</th>
<th>Wise</th>
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