

# Wise Mind Worksheet

*Find the synthesis between feeling and thinking.*

Wise Mind is the place where Emotion Mind (driven by feelings) and Reasonable Mind (driven by logic) meet. This worksheet helps you map both sides of a hard decision and find the integrated answer that honors both.

NAME (OPTIONAL)

DATE

## The situation

What are you trying to decide or make sense of?

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## Emotion Mind says...

What are your feelings telling you? What do you want, in your gut?

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## Reasonable Mind says...

What do the facts and the logic say? What's the rational angle?

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## Wise Mind synthesis

What does the answer look like when both voices are honored? What would a wise version of you do?

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