NewLeaf Pathways
Supporting Your Journey to Wellness

FREE RESOURCE

Finding Your Wise Mind

Wise Mind is a DBT concept for bringing emotion and reason into a decision. Use this worksheet to notice both before choosing your next step.

Use a PDF reader that supports forms to type in the fields, or print and write by hand. Save your completed copy privately. This PDF does not automatically send your entries to New Leaf Pathways.

Three states of mind

Emotion mind. Feelings drive your response; the situation may feel urgent.

Reasonable mind. Logic and facts guide your response, while emotional needs may receive less attention.

Wise Mind. Consider what you feel and what you know together.

A grounding path

Breathe first. Pause for a few slow breaths before responding.

Ask both questions. What am I feeling? What do I know to be true?

Bring them together. What next step takes both the facts and my feelings into account?

Use it now

What am I feeling?

What do I know to be true?

What balanced next step can I take?

Support when you need it

Immediate danger: call 911. For crisis support, call or text 988. For treatment referral and information, call SAMHSA at 1-800-662-4357.