

Worksheet 01.03 Differentiation and Mindfulness pg. 1 of 4

Name: _____ Date: _____

Emotional Mind

Emotional Mind occurs when people are driven by emotion. It is usually a result of the fight or flight response being triggered but it can also be a response to overwhelming emotional states.

In the space below, list some ways that you or others might engage in Emotional Mind:

Rational Mind

Rational Mind occurs when people are driven by reason. It is a logical, solution-focused approach to problem-solving that can sometimes lack compassion or warmth.

In the space below, list some ways that you or others might engage in Rational Mind:

Wise Mind

Wise Mind occurs when Emotional Mind and Rational Mind are in perfect balance. It is a state of being that is devoid of worries about the past or the future. It is a shift from doing mode to being mode, at one with the present moment.

In the space below, list some ways that you or others might engage in Emotional Mind:
