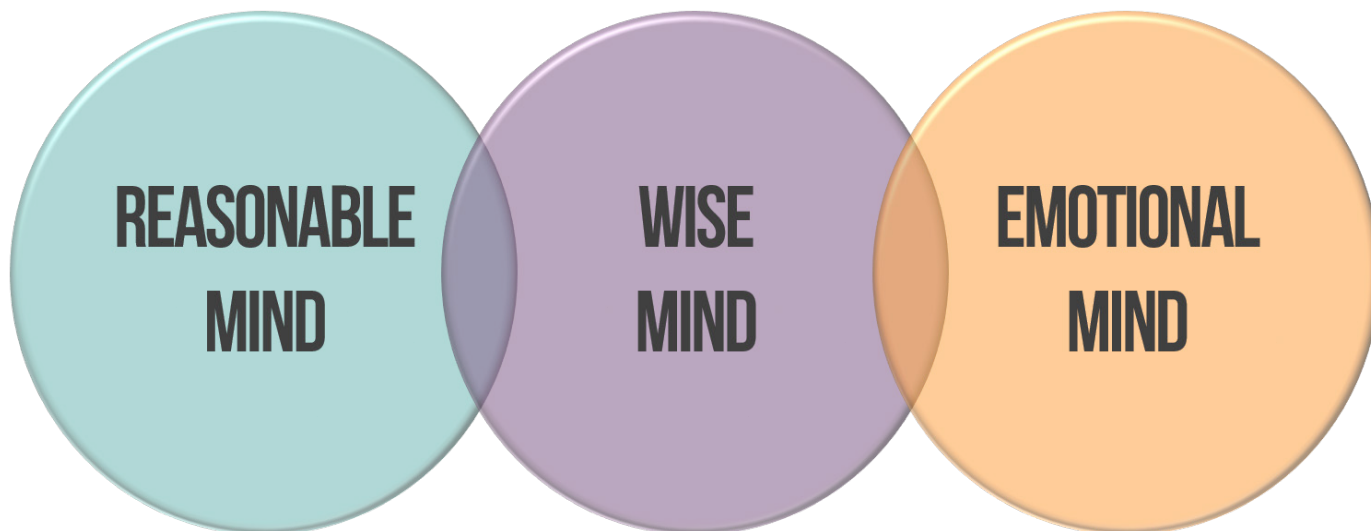


STATES OF MIND

Each of us have all three of these states of mind. While some of us may utilize one state more than another, all three are of great importance.



We use **reasonable mind** when our actions are driven by facts. We are ruled by organization, planning, and logic.

We use **wise mind** when we find the balance between the two states, honoring both the emotions and the facts.

We use **emotional mind** when our actions are driven by emotions. We are ruled by feeling, physiological responses, and urges.

Practice:

Describe an experience you may have had in each state of mind: wise, reasonable and emotional.

REASONABLE

WISE

EMOTIONAL