

Making decisions based on solely your emotions (emotional mind) might not be a suitable option—especially when you're overwhelmed and your judgment gets distorted. Consider the following examples:

- Overspending on luxury items while neglecting financial responsibilities;
- Making travel decisions only for instant gratifications;
- Starting a business based on passion but without a realistic strategy.

But making complete rational decisions (*rational mind*) isn't the best option either.

- Think of someone who is deciding on a career path solely for financial gain;
- Pursuing a strict diet while neglecting mental health;
- Making financial investments based on historical data without looking into current market dynamics.

The key is to balance your emotions and rational thoughts (*using the wise mind*). You might want to:

- Pursue a job change after weighting both your passions and practical responsibilities at the new job role;
- Analyze the market and your favorite location before buying that house;
- Combine both health goals and emotional satisfaction with your daily exercise routine; and so on.

Many people struggle with overwhelming emotions and find it hard to balance their feelings and rational thoughts. But the wise mind helps you determine whether a particular decision is good or bad. Think of an action you're about to take upon experiencing a distressing situation. Focus your attention on what your wise mind tells you to do. Then ask yourself: "*Does this decision feel like a good one?*" If so, then maybe you should do it. But if not, then consider some other options.

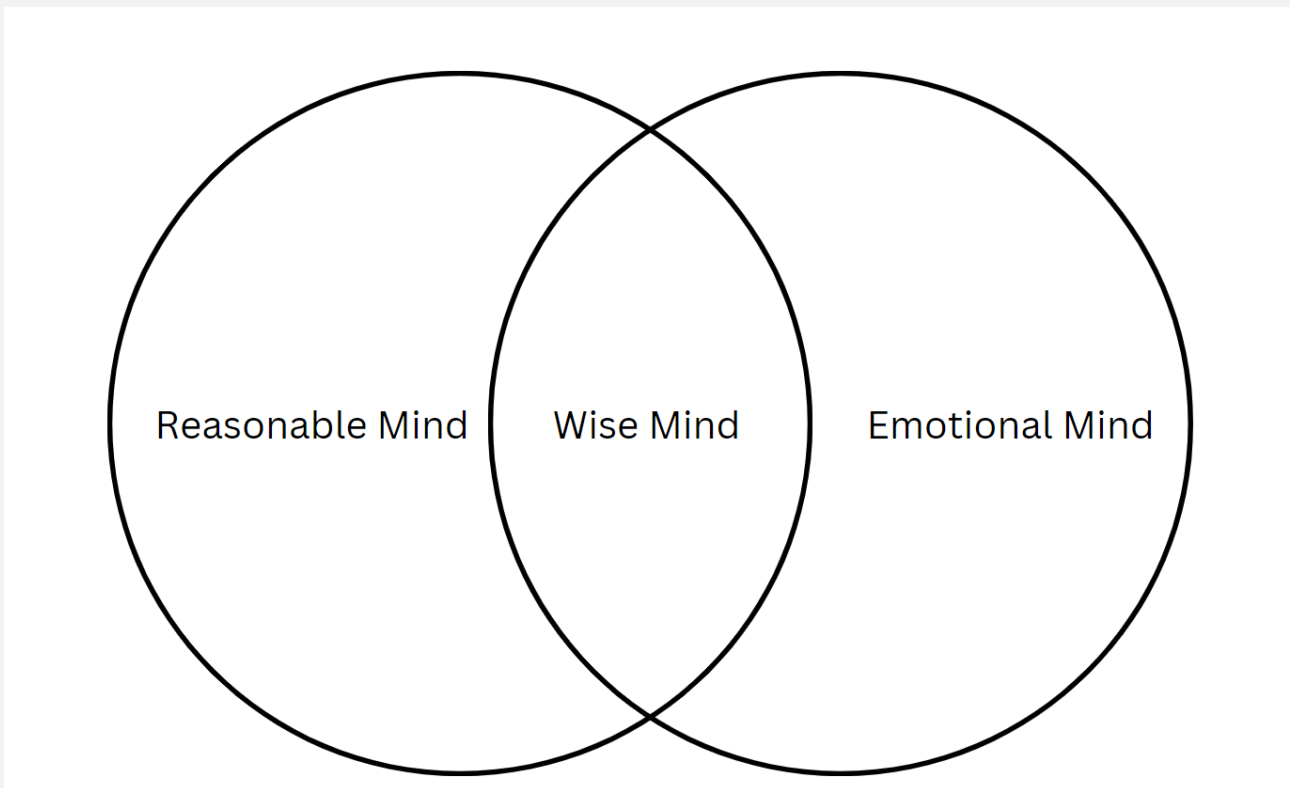
Remember that your wise mind differs from intuition. While both are described as feelings that come from the gut, you can spot what your wise mind tells you based on the following exercise in this worksheet.

However, there are key pointers that can help you figure out the difference between your intuition and decisions made by your wise mind. To seek answers from the wise mind, ask yourself:

1. *While making this decision, was I aware of both the emotions and facts of the situation?* This requires you to ensure that you have considered the facts of the situation without being taken away by overwhelming emotions. And if so, then it requires you to cool down and get back to the exercise later on.
2. *Did the decision feel right to me?* This is when you check in with your nervous system. If you feel anxious or worried about the decision, then try looking for alternative decisions.
3. *What were the results of my decision?* If the results turn out to be benefits, chances are it was your wise mind helping you make healthy decisions in life.

DESCRIBE A DISTRESSING SITUATION THAT YOU'RE CURRENTLY FACING. MENTION WHAT EMOTIONS COME UP WHEN YOU THINK ABOUT THIS SITUATION.

Use the Venn diagram below to write down your situation from the view of a *reasonable*, *wise*, and *emotional* mind. This allows you to separate thoughts from emotions. Consider what the wise mind suggests.



Reasonable Mind	Wise Mind	Emotional Mind
<p>List the facts of the situation you're dealing with. Consider the consequences of different actions based on your rational thinking.</p>	<p>Evaluate the potential consequences of your actions based on both emotion and logic.</p> <p>Consider short-term and long-term outcomes, and aim for the middle ground.</p>	<p>Identify the emotions that are influencing your thoughts. Describe the intensity of each emotion on a scale of 1 to 5.</p> <p>1 (<i>I can't tolerate my emotions at all</i>); 3 (<i>I can somewhat tolerate my emotions</i>); 5 (<i>I can definitely tolerate my emotions and make a balanced decision</i>).</p>

Similarly, write down different situations and the views of *reasonable*, *wise*, and *emotional* mind. Make decisions based on what the wise mind suggests.

Situation	Reasonable Mind	Wise Mind	Emotional Mind

Evaluate the *Pros* and *Cons* of each option that aligns with your wise mind.

Options <i>(What does my wise mind suggest?)</i>	Pros	Cons

Outline specific steps that you need to take to implement your decision. Adjust them as needed.
