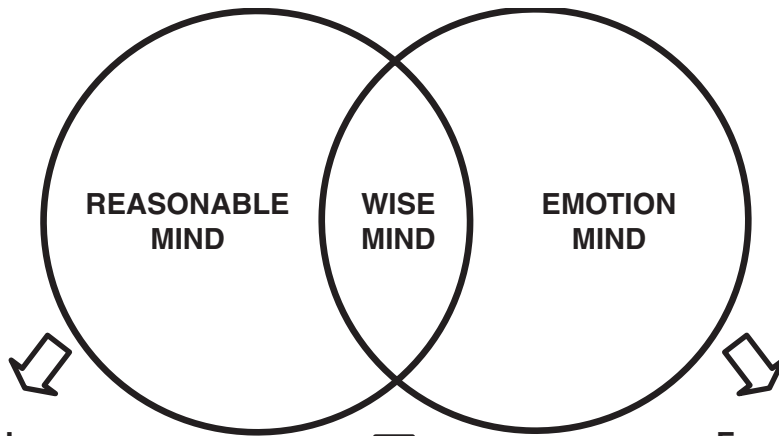




Wise Mind: States of Mind



Reasonable Mind Is:

- Cool**
- Rational**
- Task-Focused**

When in *reasonable mind*, you are ruled by facts, reason, logic, and pragmatics. Values and feelings are not important.

Emotion Mind Is:

- Hot**
- Mood-Dependent**
- Emotion-Focused**

When in *emotion mind*, you are ruled by your moods, feelings, and urges to do or say things. Facts, reason, and logic are not important.

Wise Mind Is:

- The wisdom within each person
- Seeing the value of both reason and emotion
- Bringing left brain and right brain together
- The middle path