

# AI-00541 Reasonable Mind vs Emotion Mind vs Wise Mind

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**Explain “reasonable mind” and “emotion mind” and the "wise mind". Give 10 examples of each.**

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The terms "reasonable mind," "emotion mind," and "wise mind" are concepts that come from dialectical behavior therapy (DBT), a type of cognitive-behavioral therapy developed by Dr. Marsha Linehan. These concepts are particularly relevant to understanding how individuals process information and make decisions. Here's an explanation of each, along with examples:

## 1. Reasonable Mind:

- **Definition:** This refers to a state of mind where decisions and actions are based primarily on logic, facts, and rational thinking.
- **Examples:**
  1. Choosing a career path based on a thorough analysis of job prospects and personal skills.
  2. Making financial decisions by creating a budget and sticking to it.
  3. Solving a math problem using logical reasoning.
  4. Following a recipe precisely to ensure a successful outcome.
  5. Setting goals and creating a step-by-step plan to achieve them.

## 2. Emotion Mind:

- **Definition:** This refers to a state of mind where decisions and actions are primarily influenced by emotions and feelings.
- **Examples:**
  1. Reacting impulsively to a situation without considering the consequences due to heightened emotional arousal.
  2. Making a decision based on fear, even if the logical evidence suggests there's minimal risk.
  3. Eating comfort food to cope with stress or sadness.
  4. Avoiding a challenging task because it generates anxiety.
  5. Engaging in a heated argument without considering the impact on relationships.

### 3. **Wise Mind:**

- **Definition:** This is an integration of both reasonable mind and emotion mind, where decisions and actions are guided by a balance of logic and emotion.
- **Examples:**
  1. Choosing a job that aligns with personal values and skills, considering both logical career prospects and emotional fulfillment.
  2. Apologizing to someone for a mistake, acknowledging both the emotional impact and the rational need for resolution.
  3. Negotiating in a way that acknowledges both parties' emotions and concerns while finding a fair solution.
  4. Taking a break to manage stress and emotions before returning to solve a problem using logical reasoning.
  5. Setting boundaries in relationships based on both emotional needs and rational considerations.

It's important to note that the goal in dialectical behavior therapy is to cultivate and practice skills that help individuals move toward a "wise mind" state, integrating both reason and emotion for more effective decision-making and coping.