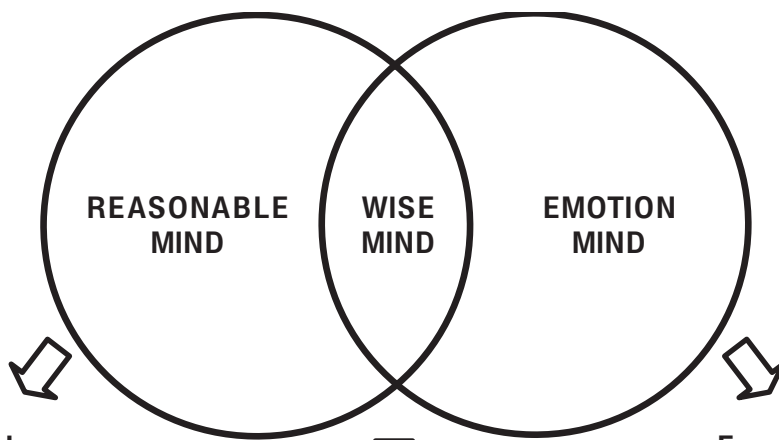




## Wise Mind: States of Mind



**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

## **Basic Personal Rights**

- I have the right to ask for what I want.
- I have the right to say “no”.
- I have the right to feel and express my feelings, both positive and negative.
- I have the right to make mistakes.
- I have the right to have my own opinions and convictions.
- I have the right to be treated with dignity and respect.
- I have the right to change my mind or decide on a different course of action.
- I have the right to protest unfair treatment or criticism.
- I have the right to expect honesty from others.
- I have the right to my own values and standards.
- I have the right to be angry at someone I love.
- I have the right to say “I don’t know”.
- I have the right to negotiate for change.
- I have the right to be in a non-abusive environment.
- I have the right to ask for help or emotional support.
- I have the right to my own needs for personal space and time, even if others would prefer my company.
- I have the right not to have to justify myself to others.
- I have the right not to take responsibility for someone else’s behavior, feelings, or problems.
- I have the right not to have to anticipate others’ needs and wishes.
- I have the right not to always worry about the goodwill of others.
- I have the right to choose not to respond to a situation.