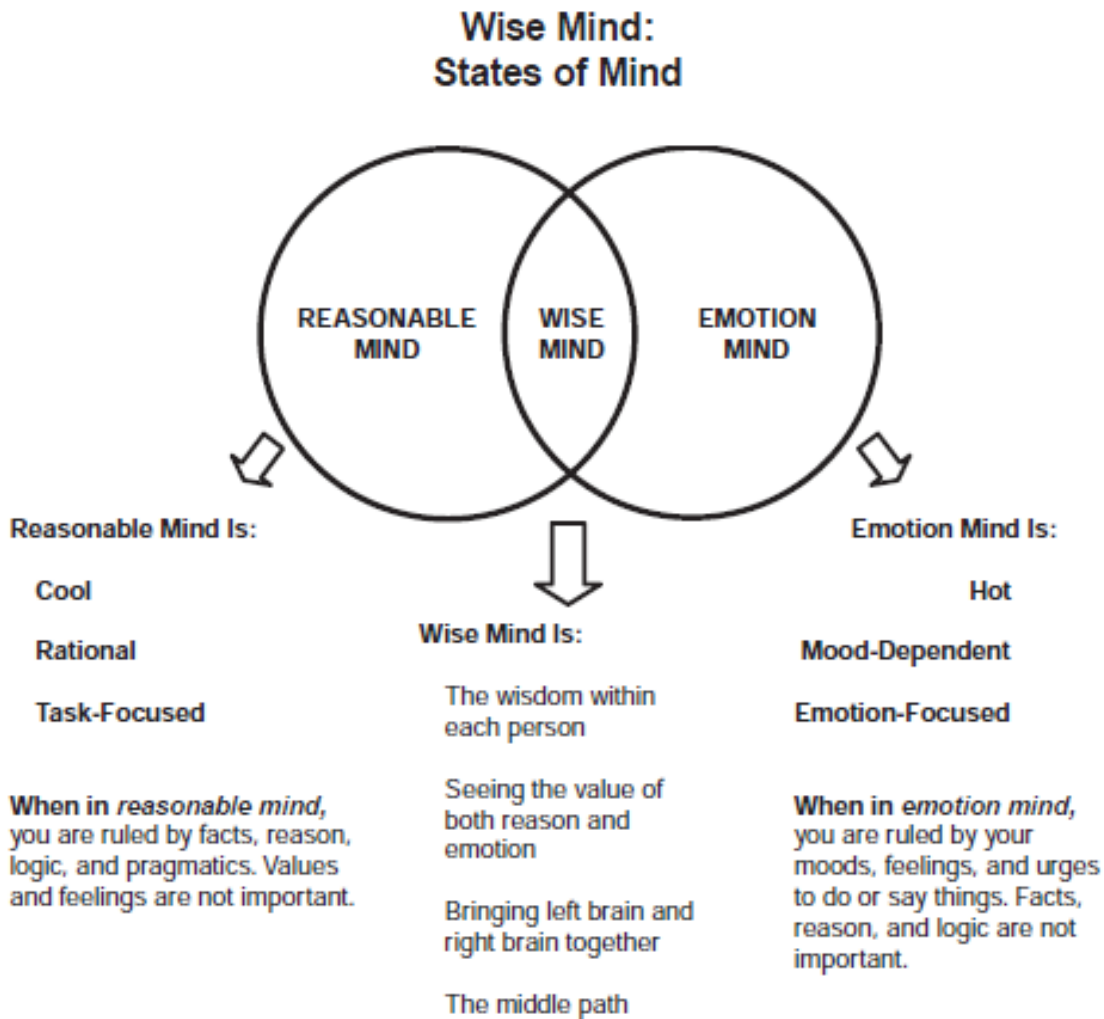


Logical mind vs Emotional mind:



Questions to ask to make the transformation:

- Pause
- Ask, which mind I am in right now?
- Ask, what would the other mind say?
- Ask, what *feels* wise?
- Be prepared to keep trying until it feels wise.
- Give it time and keep trying.

Things to do to make the transformation:

- Think about the pros and cons of any actions (advantages or disadvantages of continuing a particular behavior)
- What could be done? Make a plan.
- Just do the actions that feel wise.