

EXERCISE: SPOTTING EMOTION MIND, REASONABLE MIND AND WISE MIND

We may notice that we have a tendency to be either in a state of emotion mind or reasonable mind.

Consider which state of mind you find yourself in more frequently and naturally. Use the prompts below to spot the signals for when you are in emotion mind or rational mind.

When I'm in emotion mind . . .	When I'm in reasonable mind . . .
I feel:	I feel:
My body feels:	My body feels:
My thinking is:	My thinking is:

My behaviour is:

My behaviour is:

Advantages of this are:

Advantages of this are:

Disadvantages of this are:

Disadvantages of this are: