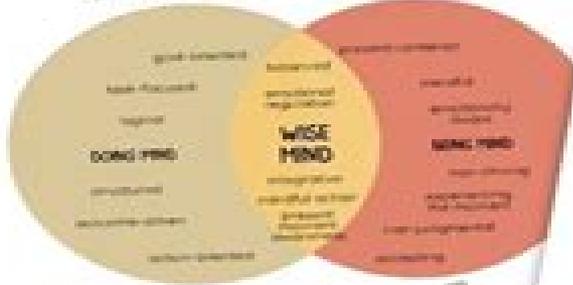


3 PAGES

BALANCING DOING MIND AND BEING MIND



DOING MIND: A state of awareness

WISE MIND: A state of awareness

BEING MIND: A state of awareness

BALANCING DOING MIND AND BEING MIND

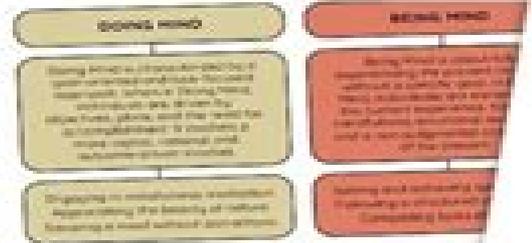
Three scenarios illustrate how someone might experience and approach different situations from the perspectives of Doing Mind, Wise Mind, and Being Mind.

Scenario: Completing a Work Project

Doing Mind	Wise Mind	Being Mind
You are really focused on completing this project.		

BALANCING DOING AND BEING MIND

WISE MIND DBT PSYCHOEDUCATIONAL TOOL



Balancing Doing Mind and Being Mind

The key is to find a balance between these two states, recognizing when to be more goal-oriented and when to be more experiential and non-judgmental. Doing Mind may be needed for problem-solving and Being Mind may be needed for emotional regulation and self-compassion.

Approach for Wise Mind

By balancing Doing Mind and Being Mind, you can develop a state of awareness that is balanced, emotional regulation, mindful in the present moment, and self-compassion. This approach can be used for problem-solving and emotional regulation.

Scenario: Spending Time in Nature

Doing Mind	Wise Mind	Being Mind
You have a specific goal, such as getting exercise. The focus is on achieving the set objectives, regardless of the environment or the quality of the natural surroundings.	You appreciate the value of both the physical activity and the natural world being that nature provides. You know that being in nature contributes to your overall wellness.	You fully engage your senses in the natural surroundings. The experience is about being present and allowing the beauty around you.
Your actions are goal-oriented and you may feel frustrated if the accomplishment of tasks, but you might miss the opportunity to fully connect with the beauty of nature.	Balancing the need for exercise with the enjoyment of the natural surroundings, you find ways to be both physically active and to be in nature, increasing the benefits of both.	You approach nature with a sense of wonder, embracing the opportunity to fully immerse yourself in the moment. The goal is not to complete an activity but to be present and connect with the beauty of nature.

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Being And Doing

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