

DBT: Wise Mind & Emotion Regulation

Balancing emotion and reason while reducing vulnerability to intense reactions.

Three states of mind

- Emotion Mind: feelings and urges dominate the decision.
- Reasonable Mind: facts, logic, and tasks dominate while emotion may be minimized.
- Wise Mind: integrates emotion and reason with awareness of longer-term values and consequences.

Emotion regulation basics

- Name the emotion as precisely as you can.
- Identify the prompting event and your interpretation of it.
- Check the facts before acting on the strongest urge.
- Consider opposite action when an emotion does not fit the facts or the urge would be ineffective.
- Reduce vulnerability through sleep, nutrition, movement, medication adherence when prescribed, and avoiding substances that worsen instability.

Wise-mind question

“What response respects what I feel and also moves me toward the kind of person I want to be?”

Try this reflection

Think of a recent conflict. What did Emotion Mind want? What did Reasonable Mind want? What might Wise Mind have chosen?

Using this resource: For education and skill-building only; not diagnosis, medical advice, or crisis care. If you feel overwhelmed, pause and seek appropriate professional support. In the U.S., call or text 988 for crisis support; call 911 for an immediate emergency.