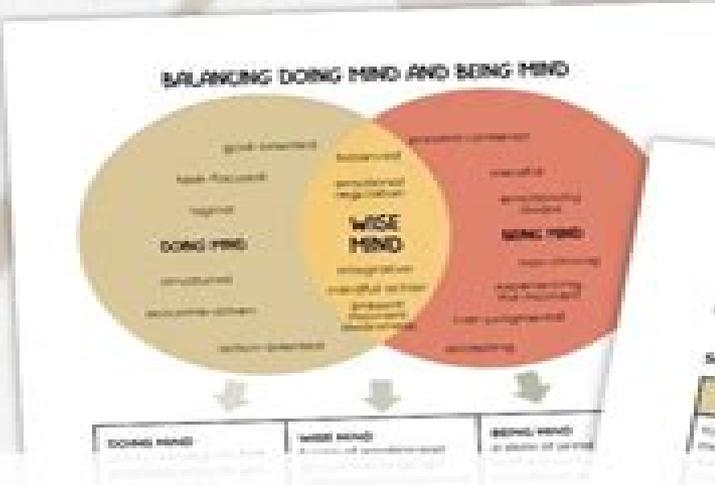


3 PAGES



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 motivated to complete this...		

BALANCING DOING AND BEING MIND

WISE MIND DBT PSYCHOEDUCATIONAL TOOL

DOING MIND

- Being Mind is a perspective that is more concerned with the external world, such as thinking, feeling, and acting. It is more concerned with the external world, such as thinking, feeling, and acting.
- Being Mind is a perspective that is more concerned with the internal world, such as thinking, feeling, and acting. It is more concerned with the internal world, such as thinking, feeling, and acting.

BEING MIND

- Being Mind is a perspective that is more concerned with the external world, such as thinking, feeling, and acting. It is more concerned with the external world, such as thinking, feeling, and acting.
- Being Mind is a perspective that is more concerned with the internal world, such as thinking, feeling, and acting. It is more concerned with the internal world, such as thinking, feeling, and acting.

Balancing Doing Mind and Being Mind

The key is to find a balance between these two states, recognizing when to be more focused on the external world and when to be more focused on the internal world. Doing Mind may be needed for problem-solving and Being Mind may be needed for emotional regulation and overall well-being.

Approach for Wise Mind

By balancing Doing Mind and Being Mind, you can develop a more balanced and effective approach to life. This approach can help you manage your emotions and make better decisions.

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 how difficult or uncomfortable they are.	You appreciate the value of both the physical activity and the emotional well-being that nature provides. You know that being in nature contributes to your overall health.	You fully enjoy your time in the natural environment. 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. You might miss the opportunity to fully connect with the beauty of nature.	Balancing this need for exercise with the importance of being in nature contributes to your overall well-being. You know that being in nature contributes to your overall health.	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 fully connect with the beauty of nature.

LITTLE CALM CO

MADE BY A THERAPIST

Being And Doing

Jane Austen



Being And Doing:

ARE YOU DOING WHAT YOU SUPPOSE TO BE DOING? David Bullock,2019-04-06 THE AUTHOR S STORIES ARE BASED ON REAL LIFE EVENTS THEY ARE CREATIVE THE MESSAGE IS STRONG VIVID AND PROFOUND TO SAY THE LEAST THE STORIES ARE ARGUMENTATIVE HOWEVER THEY OPEN UP THE REALISTIC DOORS IN YOUR MIND TO ALLOW YOUR IMAGINATION TO RUN WILD FREE AND THEN BACK TO REALITY FEARLESS HUMBLE AND READY TO BECOME YOU **“Arise and be doing.” An address [on 1 Chron. xxii. 16], etc** Richard WEAVER (Collier.),1862

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