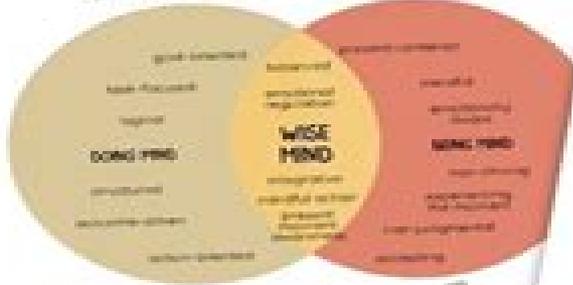


3 PAGES

BALANCING DOING MIND AND BEING MIND



DOING MIND: ...
 WISE MIND: ...
 BEING MIND: ...

BALANCING DOING MIND AND BEING MIND

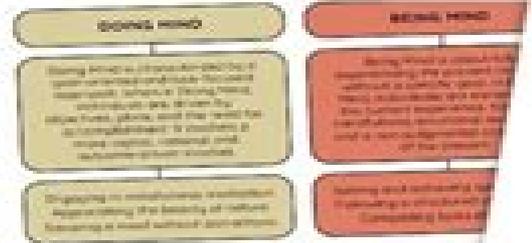
These scenarios illustrate how someone might experience and approach different situations from the perspectives of Doing Mind, Wise Mind, and Being Mind.

Scenario: Completing a Work Project

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

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 task-focused and when to be fully present in the moment. In stressful situations, Doing Mind may be needed for problem-solving, while Being Mind elements allow for emotional regulation and overall well-being.

Approach for Wise Mind
 By balancing Doing Mind and Being Mind, you can develop a state of mind that is both task-focused and self-compassionate. This approach can help you manage stress and maintain a healthy perspective on life.

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 that goal, regardless of the scenery and environment aspects of the natural environment.	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 environment. The experience is about being present and allowing the beauty around you.
Your actions are goal-oriented and you may feel frustrated if that accomplishment of tasks. You may miss the opportunity to fully connect with the beauty of nature.	Balancing this need for exercise with the enjoyment of the natural surroundings, you find ways to keep the physical activity, but also enjoy the beauty of nature, allowing a holistic connection.	You connect 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 fully present in nature.

LITTLE CALM CO

MADE BY A THERAPIST

Being And Doing

Liying Dong



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