

Features of Wise Mind

- We all have a Wise Mind.
- Wise Mind is felt in the body.
- Wise Mind can be hard to find.
- Wise Mind is like intuition.
- There is no conflict in Wise Mind.
- Wise Mind integrates many types of knowledge: logic, analysis, sensory information, emotions, and behaviour.
- Finding Wise Mind takes practice.
- Wise Mind is like ‘coming home’.
- Wise Mind is True Self.

adapted from: Linehan, (2015). ‘DBT Skills Training Manual, 2nd ed.’

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