



Balancing Doing Mind & Being Mind

- Doing Mind is goal-orientated.
- Too much Doing Mind can become an automatic way of being, living without awareness of the present while addictively pursuing action.
- Being Mind is present focused.
- Too much Being Mind can get in the way of living life to the fullest. It can be indulgent and self-centred.
- By balancing Doing Mind and Being Mind we begin to find Wise Mind.
- Wise Mind is the union of Emotion Mind and Reasonable Mind.
- A meeting of Doing Mind and Being Mind.
- A balance of intense desire for change and radical acceptance.
- The foundation of dialectics.

adapted from Linehan, (2015). 'DBT Skills Training Manual, 2nd ed.'

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