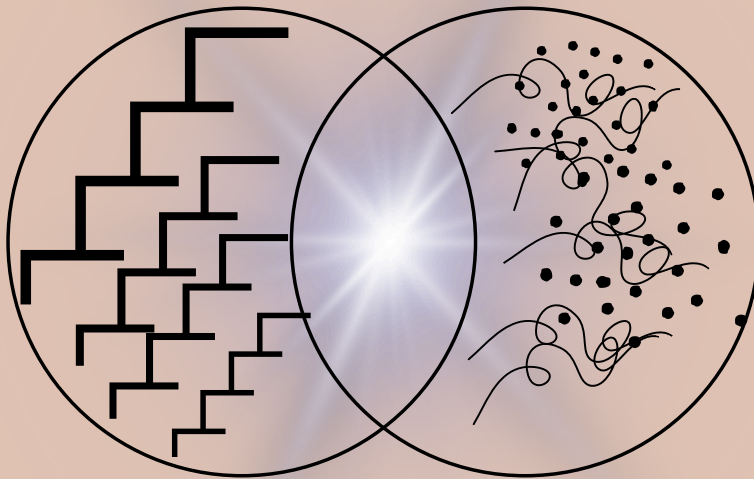


wise mind



Reasonable
Mind

Emotion
Mind



Wise Mind

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