

An Overview of the Three Mind States

EMOTIONAL MIND		RATIONAL MIND	WISE MIND
<p>When we're in Emotional Mind, we're in an emotional state! Emotional Mind is made up of Raw Emotions and Emotion-Driven Thoughts. Our Raw Emotions are our feelings. Emotion-Driven Thoughts are the thoughts that go through our mind when we're in an emotional state. They're driven by or are caused by the emotions we're experiencing. For instance, if we're angry, we have angry thoughts about hurting someone, getting even, etc. If we're depressed, we have depressed thoughts.</p>		<p>When we're in Rational Mind, we're thinking rationally and logically. We're dealing with reality and seeing things as they truly are. When we're in Emotional Mind, we see things and think about things based on how we're feeling. Like when we're depressed, we see everything as depressing...we see the world through dark colored glasses. When we Turn On Rational Mind, we see things clearly. We're dealing with the facts and reality as they truly are.</p>	<p>When we're in Wise Mind, we're focused on problem-solving. Wise Mind Turns On when we're dealing with our problems based on what's going on in our Emotional Mind and what Rational Mind has to say about the situation. Wise Mind isn't just about knowing what to do...it's about following through with what we know to do! Wise Mind is ACTION-ORIENTED...wise actions!</p>
Raw Emotions	Emotion-Driven Thoughts		
Angry	I don't get mad...I get even.	Getting even would feel good, but it would cause me a lot more problems.	Getting even isn't the way to go. I've got to move on and not allow myself to get in this type of situation again.
Depressed Hopeless Helpless Worthless Empty	I'd be better off dead.	I really don't want to die, I just want the pain to go away.	I'm too depressed right now to think realistically about my situation. It's no time to make any major decisions other than the decision to get some therapy and anti-depressants! I'll have to allow some time to feel better again and to get a new direction for my life.
	My family would be better off without me.	Destroying myself would destroy my family. They'd be better off if I got my life in order.	
	There's no reason to live now.	Things HAVE changed and my life is going a different direction now.	
	I don't deserve any better than this.	I DESERVE good things...but, I must DO THINGS to bring them about! When I'm good to people, I deserve people to be good to me.	
Betrayed Rejected Hurt Alone Lonely	Nobody understands me.	Folks don't understand me when I'm Big-Time in Emotional Mind. I don't understand myself either when I get that way.	I'll apologize to my family and let them know I'll go back in rehab and get my life in order again! They've always welcomed me back into their lives when I'm living a Recovery Lifestyle.
	No one will ever love me. Nobody cares about me.	My family loves me and has helped me a lot over the years. They're just burnt out and angry because of what I've done...over and over.	
	I'm a social reject.	People I want to be around reject me when I do things that aren't acceptable to them.	

Abused Used Mistreated Paranoid Mistrusting	She'll screw me over just like everyone else.	She's not everyone or everything that has ever hurt me. She's been good to me and she'll probably continue to be good to me... if I'm good to her. She may disappoint me now and then...that's normal for any relationship.	When I start thinking she's going to hurt me like many people have in my life, I'll remind myself of the truth about her. I'll Turn My Mind to focus on how loyal and kind she's been to me.
Scared Worried Confused Paralyzed Anxious Panicky	I can't deal with this. I'll never get over this.	I CAN deal with this. I'm just not in any mood to do so. Getting through this requires me to do things I don't feel like doing... and things I'm not comfortable doing. I CAN deal with this...though it will be one of the hardest things I've ever done. This will be a major challenge to get through and I'll need support and help.	I'll remind myself of my strengths and how I've gotten through tough times before. I'll contact my sponsor and get counseling at the clinic. I'll use Distress Tolerance skills and positive coping skills to get through this tough time. I'll write-up a Game Plan for how I'm gonna do it!
Desperate Out-of-Control Overwhelmed	Recovery hasn't done me any good. Life will never be better. Screw EVERYTHING. There's no way out. Nothing stays good for long. There's no hope for me.	Six months in recovery has brought about many great changes, like a job, housing, cash flow, better relations with my family, etc. Life got better as I got better. Life is going to happen and normal life problems will come my way even when I'm in recovery. I created this bad situation by getting involved with someone who wasn't really into recovery...because I was lonely.	I will Say NO to temptation and impulses to relapse. I WILL CALL MY SPONSOR and use my support system if I start wiggling out. I will use positive coping skills and I will NOT get involved in another relationship until I have at least one year in recovery. I'll listen to everyone that warns me about an unhealthy relationship! I knew better and I was warned, but I got involved anyway!
	I'd be better off a drunk. I'm happy when I'm using.	I was NOT happy when I was drinking and drugging. My life was miserable. I lost everything and my life was a grand example of the Cycle of Suffering.	
Stupid Like a failure	I'm a worthless piece of crap. I screw everything up.	I feel worthless when I focus on my worst qualities and mistakes. The truth, I have many positive qualities and I've done many positive things for others. Many people depend on me and value me. I've made mistakes and have hurt people when I've lived in Emotional Mind. When I've been clean n' sober and on my Bipolar meds, I've made many good decisions.	When I begin to think negative, I'll remind myself of my positive qualities, the good decisions I've made, the positive things that go on in my life when I'm in recovery, and how I'm valued by others. I'll Turn My Mind from the painful lies and perceptions to the healing truth.