

EXERCISE 2

Dialectical Behavioral Therapy (DBT) Wise Mind

- Step 1:** Label the left circle of the Venn Diagram 'logic' and the right circle 'emotion.'
- Step 2:** When thinking about your relationship with your mother, what emotions show up? List them in the **emotion** circle (e.g. sadness, anger, outrage, shock, denial, grief).
- Step 3:** When thinking about your relationship with your mother, what dynamics or facts can you name that are grounded in **logic**? (e.g. My mom is depressed, my mom has her own trauma, she's lashing out, I am the child of an emotionally immature parent, this mistreatment is a form of abuse, I want this pattern to stop, we can repair, this can get better).
- Step 4:** **Wise Mind** is the intersection of emotion and logic. When you hold space in your mind for both your emotions and logic, what do you hear or see? What needs to happen to support your autonomy in the mother-daughter relationship? What are your next steps to remain grounded and in control of your own actions? Write these in the intersection of your Venn Diagram that is Wise Mind.

