

Ever over react to a look, a phrase, a topic? Many of us do. We respond without thinking.

We can trigger and either:

- ~ attack the other person (over emotional mind)
- ~ quietly be upset and feel victimized the other person (over emotional mind)
- ~ deny our feeling and withdraw and don't discuss anything (over logical mind)

Our reaction contributes to how we feel about life - our happiness. How many times have you over reacted to something that you later realized was unnecessary?

How many time have you had resentment that you probably didn't need to have?

How many time have you gon ethe othehr direction and denied your feelings?

Our reaction contributes to our relationship dynamics. Are you contributing to unhealthy patterns of unhappiness and distance?

Very little thought seems to go into our response. It seems natural for us to respond as we do. When we simply "react" we often drive ourselves and others into negative place.

Why do we react?

Cause our prior patterns and beliefs are making things worse.

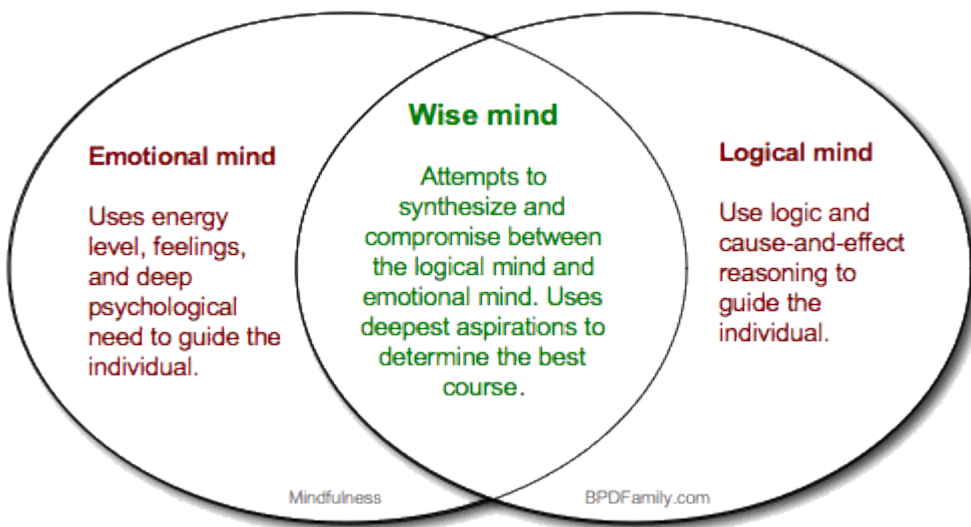
Cause our emotions are interfering.

Cause we are being reactive instead of proactive.

Cause we aren't considering our values when we are overly emotional.

Cause we aren't maintaining our own executive functions.

Wise Mind (<-- see workshop) means balancing our emotional and logical mind.



Wise mind is free from the subjective viewpoint that sees issues only from their own position, complete with all biases, internal mental models, past hurts, family history and so on. Your subjective point of view is invariably different from everyone else's subjective viewpoint. This is where the conflict comes into play. Whose reality is correct?

When we say '**be of Wise Mind**' we typically mean a number of things:

- ~ Be centered - balanced - not over emotional, not resigned
- ~ See things as they really are, not from a personally biased viewpoint.
- ~ Be empathetic, understanding others points of view.
- ~ Think in terms of realistic and optimistic / positive outcomes.

It sounds easy, yet breaking old patterns takes effort.

So in that spirit, how about we share some of the times when we **did** stay calm and we **did** engage our wise minds... 😊