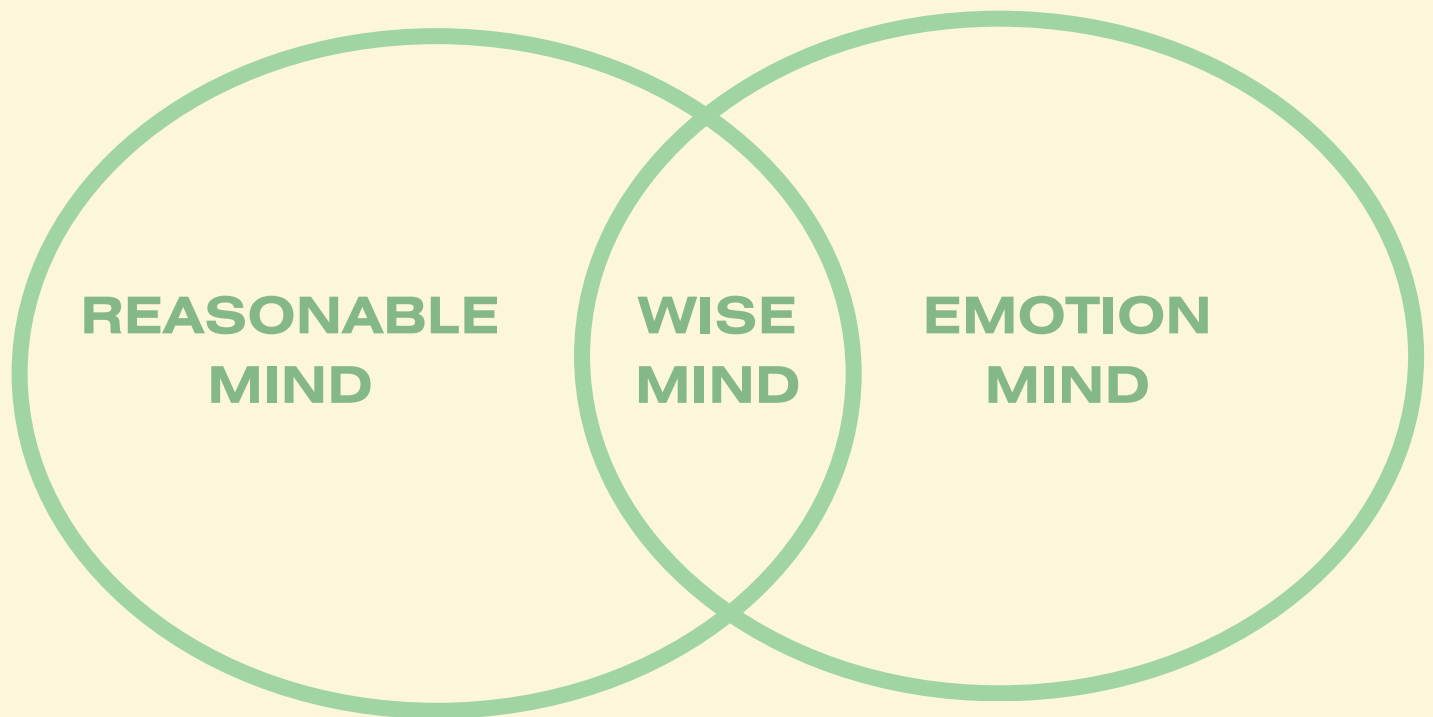


# THE THREE STATES OF MINDS



## **Reasonable Mind:**

A state of mind that is logical, rational, and driven by facts. It is focused on goals and the means to achieve them.

## **Emotion Mind:**

A state dominated by feelings, emotions, and mood. Decisions made from emotion mind might be impulsive and focused on immediate relief from discomfort.

## **Wise Mind:**

A balanced state that integrates both reasonable mind and emotion mind. Decisions made from wise mind consider both rational facts and emotional responses, leading to balanced and effective actions.