### Wise Mind

**What Skills**
- **Observe**: just notice (urge surfing)
- **Describe**: put words on
- **Participate**: enter into the experience

**How Skills**
- **One mindfully**: in the moment
- **Non-judgmentally**: just the facts
- **Effectively**: focus on what work

---

### Prioritize among interpersonal goals

Consider **options for intensity**: Priorities, capabilities, timeliness, homework, authority, rights, relationship, reciprocity, goals, respect

### Saying "no" & observing limits

3 **goals of interpersonal effectiveness**

**Objectives**
- Effectiveness: **DEAR MAN**
  - Describe, Express, Assert, Reinforce, Mindfully, Acting confident, Negotiating
- **Relationship**
  - Effectiveness: **GIVE** (Gentle, Interested, Validating, Easy manner)
- **Self-respect**
  - Effectiveness: **FAST** (Fair, no Apologies, Stick to values, Truthful)

---

### Model of emotions

**Function of emotion**

**PLEASE Master**:
- Take care of **Physical Illness**
- Balanced **Eating**
- Avoid alcohol / mood altering drugs
- Balanced **Sleeping**
- Balanced **Exercise**
- Build **MASTER**

**Increase positive emotions**

**Experience my emotion as a wave**

**Opposite Action**

**Practice loving my emotions**

---

### Distract Skills Wise Mind **ACCEPTS**:

- Activities, Contribution, Comparison / Count blessings, Emotions, Pushing away Thoughts & Sensations

**Self-soothe** with 5 senses

**IMPROVE** the Moment: Imagery, Meaning, Prayer, Relaxation, One thing in the moment, Vacation, Encouragement

**Pros / cons**

**Observe the breath**

**Half-smile**

**Radical acceptance**, willingness, turning the mind

---

### Building Structure

- **Work**
- **Love**
- **Time**
- **Place**
**Important phone numbers**

<table>
<thead>
<tr>
<th>Phone 1</th>
<th>Phone 2</th>
<th>Phone 3</th>
</tr>
</thead>
</table>

**Things I need to monitor:**
- Is this a problem **NOW**?
- Is it **MY** problem?
- Can I solve this problem now?
- Is there a Cognitive Distortion happening?
- Should I give the Benefit of the Doubt?
- Is opposite action appropriate?

**BREATHE**

**Safe places:** Bookstores, driving,

**Cognitive Distortions**

- **All Or Nothing Thinking:** black and white categories.
- **Over Generalization:** You see a single negative event as a never-ending pattern.
- **Mental Filter:** You pick out a single negative detail and dwell on it exclusively.
- **Disqualifying the Positive:** By rejecting positive experiences because they "don't count," you maintain a negative belief despite your everyday experiences.
- **Jumping to Conclusions:** A negative interpretation even though there are no definite facts that convincingly support your conclusion.
- **Mind Reading:** You arbitrarily conclude that somebody is reacting negatively to you, and you don't bother to check this out.
- **The Fortuneteller Error:** Anticipating that things will turn out badly, convinced that your prediction is an already established fact.
- **Magnification/Minimization:** To exaggerate or inappropriately shrink the importance of things until they appear tiny/huge. AKA the "binocular trick."
- **Emotional Reasoning:** Assuming that my negative emotions necessarily reflect the way things really are: "I feel it, therefore, it must be true."
- **"Should" Statements:** Attempt to motivate myself with should & shouldn't; must & ought. The emotional consequence is guilt. When I direct "should" statements towards others, I feel anger, frustration and resentment.
- **Judging:** An extreme form of over generalization, describing an event with language that is highly colored and emotionally loaded.