



# Wise Mind Worksheet

(original version by Meggan Moorhead)

**The question, issue or problem I am exploring:**

**What are the facts? What am I thinking about this?**

**What do I feel about this situation? What are my emotions telling me?**

**What does my body sense? What are my body sensations telling me?**

**Pause & Breathe**

**What does my Wise Mind say about this? WWWMD?**

**Listen**