

3 PAGES

BALANCING DOING AND BEING MIND

WISE MIND DBT PSYCHOEDUCATIONAL TOOL



BALANCING DOING MIND AND BEING MIND

Three scenarios illustrate how someone might experience and approach different situations from the perspectives of Doing Mind, Wise Mind, and Being Mind.

Scenario: Completing a Work Project

Doing Mind	Wise Mind	Being Mind
You are being encouraged to complete this...		

DOING MIND

- Being Mind is characterized by a goal-oriented attitude. Focused attention, behavior, doing things, and the mind is structured and action-oriented.
- Engaging in conventional activities, experiencing the benefits of nature, spending at least 20 minutes outdoors.

BEING MIND

- Being Mind is characterized by a goal-oriented attitude. Focused attention, behavior, doing things, and the mind is unstructured and experiential.
- Engaging in conventional activities, experiencing the benefits of nature, spending at least 20 minutes outdoors.

WISE MIND

By balancing Doing Mind and Being Mind, individuals can achieve a state of mind that is able to combine the benefits of action and the benefits of awareness. The integrated state includes effective communication, problem management, and a more balanced approach to life.

BALANCING DOING MIND AND BEING MIND

Three scenarios illustrate how someone might experience and approach different situations from the perspectives of Doing Mind, Wise Mind, and Being Mind.

Scenario: Spending Time in Nature

Doing Mind	Wise Mind	Being Mind
You have a specific goal, such as getting exercise. The focus is on enhancing the air, vegetation, sunlight, and the environment for the health and enjoyment of the natural environment.	You appreciate the value of both the physical activity and the emotional well-being that nature provides. You know that being in nature contributes to your overall health.	You fully engage your senses in the natural environment. The experience is about being present and allowing the beauty around you.
Your actions are goal-oriented and you may find fulfillment in the accomplishment of tasks. You may notice the opportunity to fully connect with the beauty of nature.	Recognizing the need for exercise with the recognition of the natural surroundings, you find ways to do the physical activity, such as walking, hiking, or spending a quiet moment in nature.	You connect nature with a sense of wonder, embracing the opportunity to fully immerse yourself in the moment. The goal is not to complete an activity but to be present, connecting with the beauty of nature.

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Being And Doing

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Being And Doing:

Being And Doing Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Being And Doing**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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