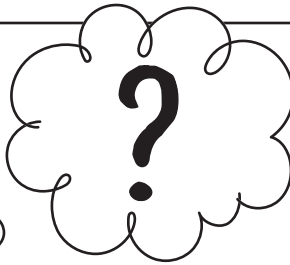
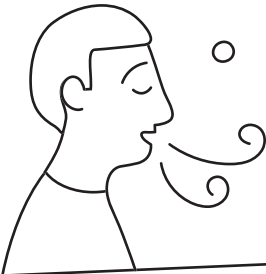


- 3 If you are facing a difficult decision, ask your **Wise Mind**.



As you breathe in, ask yourself the question. As you breathe out, see what arises.

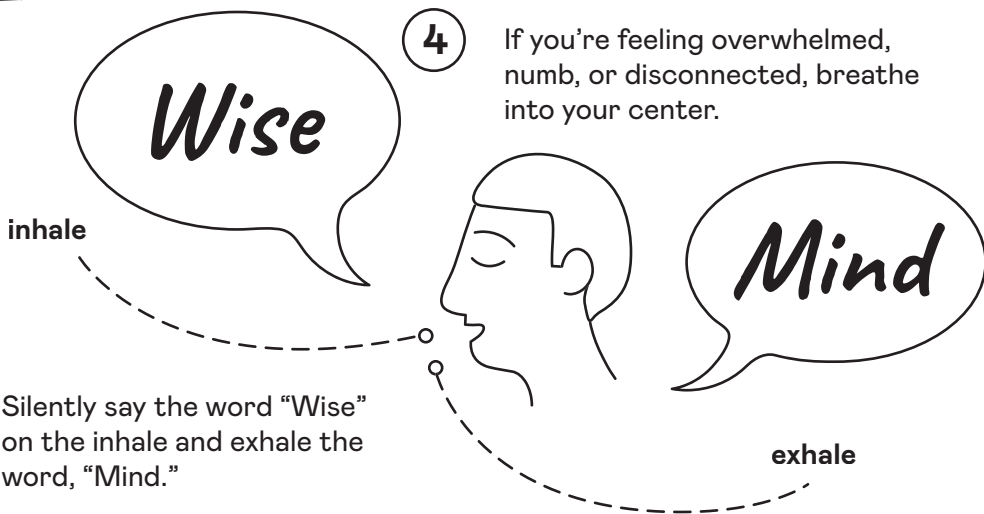


### PAUSE

Do not force the answer. See what comes to you.

4

If you're feeling overwhelmed, numb, or disconnected, breathe into your center.



Silently say the word "Wise" on the inhale and exhale the word, "Mind."

5

Accessing **Wise Mind** can be difficult when we're:



overwhelmed



intoxicated



overtired



hungry

Consider addressing these factors first (like with the **PLEASE** skill, p. X) and then coming back to **Wise Mind** practice.

***When Wise Mind isn't effective, practice these skills:***

PLEASE · DISTRACT · TIP · PROS/CONS