

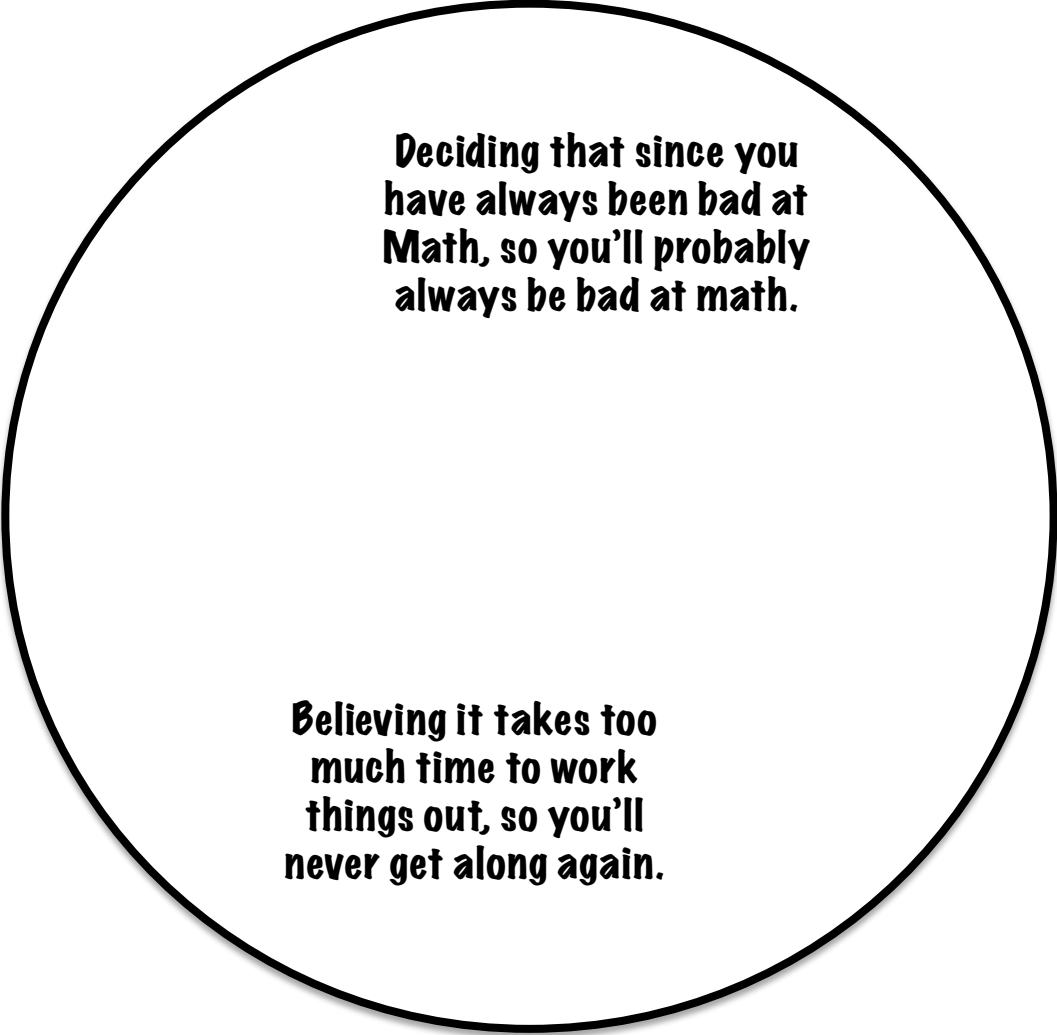
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When stuff happens sometimes we react with our emotions. What are some examples of emotional reactions? Fill the circle up with as many emotional reactions as you can think of. There are a few examples already in the circle to get you started.



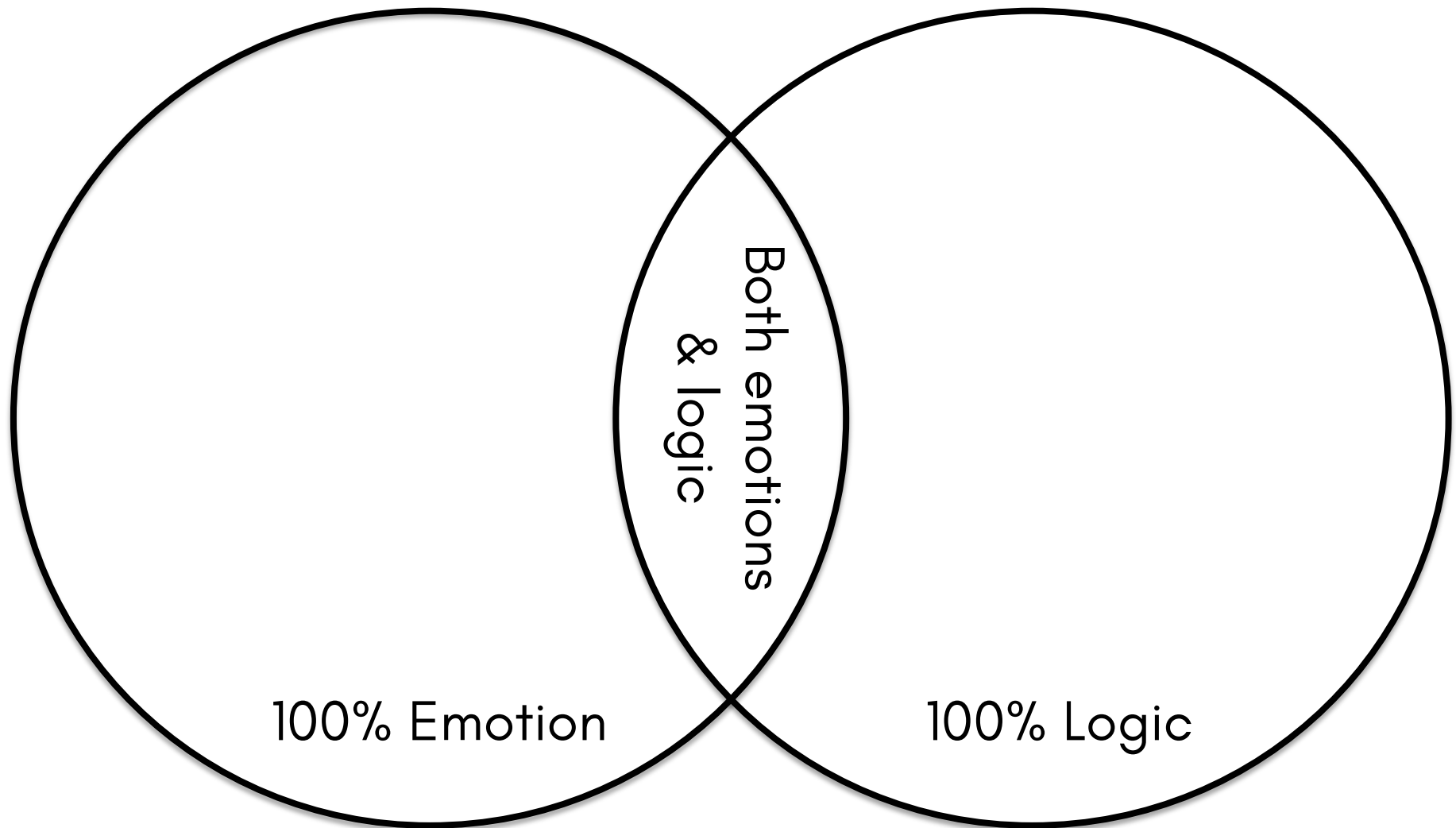
At other times, when things happen we react solely with our logic. In those moments we only use our logic, no emotion. Can you think of some moments like that? List as many as you can in the circle. There are a few examples to help get you started.



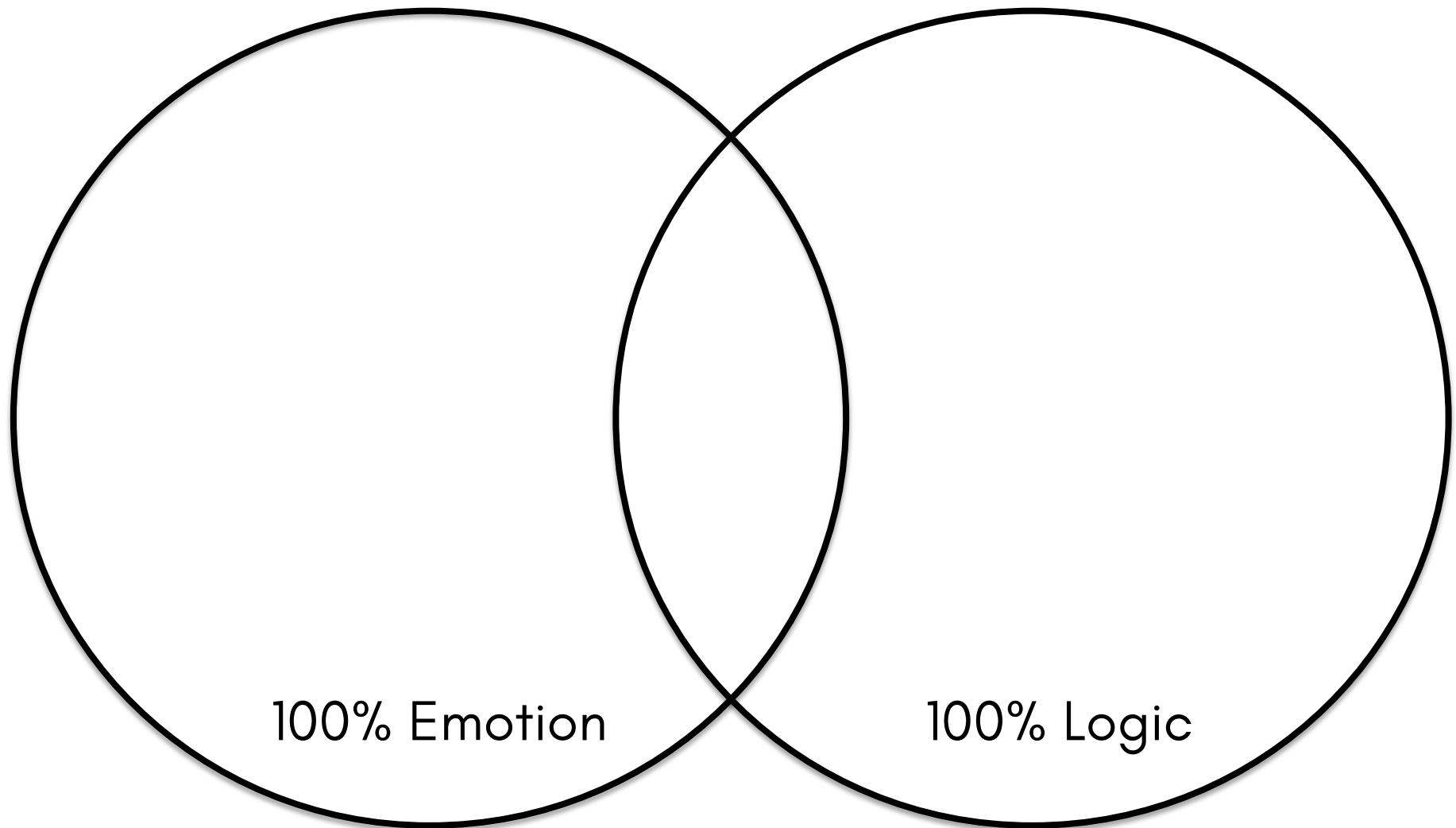
**Deciding that since you
have always been bad at
Math, so you'll probably
always be bad at math.**

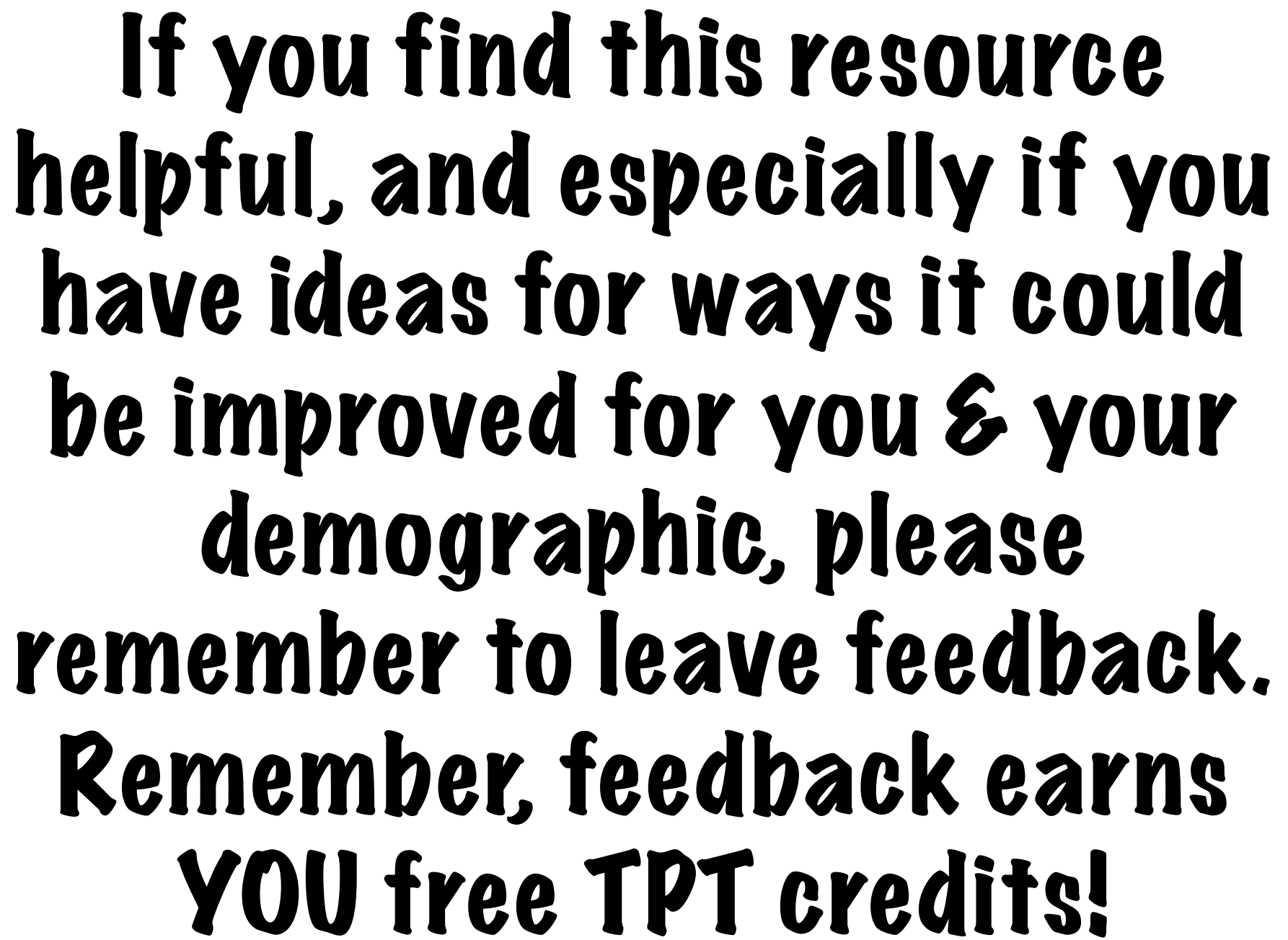
**Believing it takes too
much time to work
things out, so you'll
never get along again.**

In every situation there are 3 ways we can react. We can react 100% with emotion, 100% with logic, and when we're at our best, we can react with a healthy mix of emotion and logic. That appropriate mix of emotions and logic is called our Wise Mind.

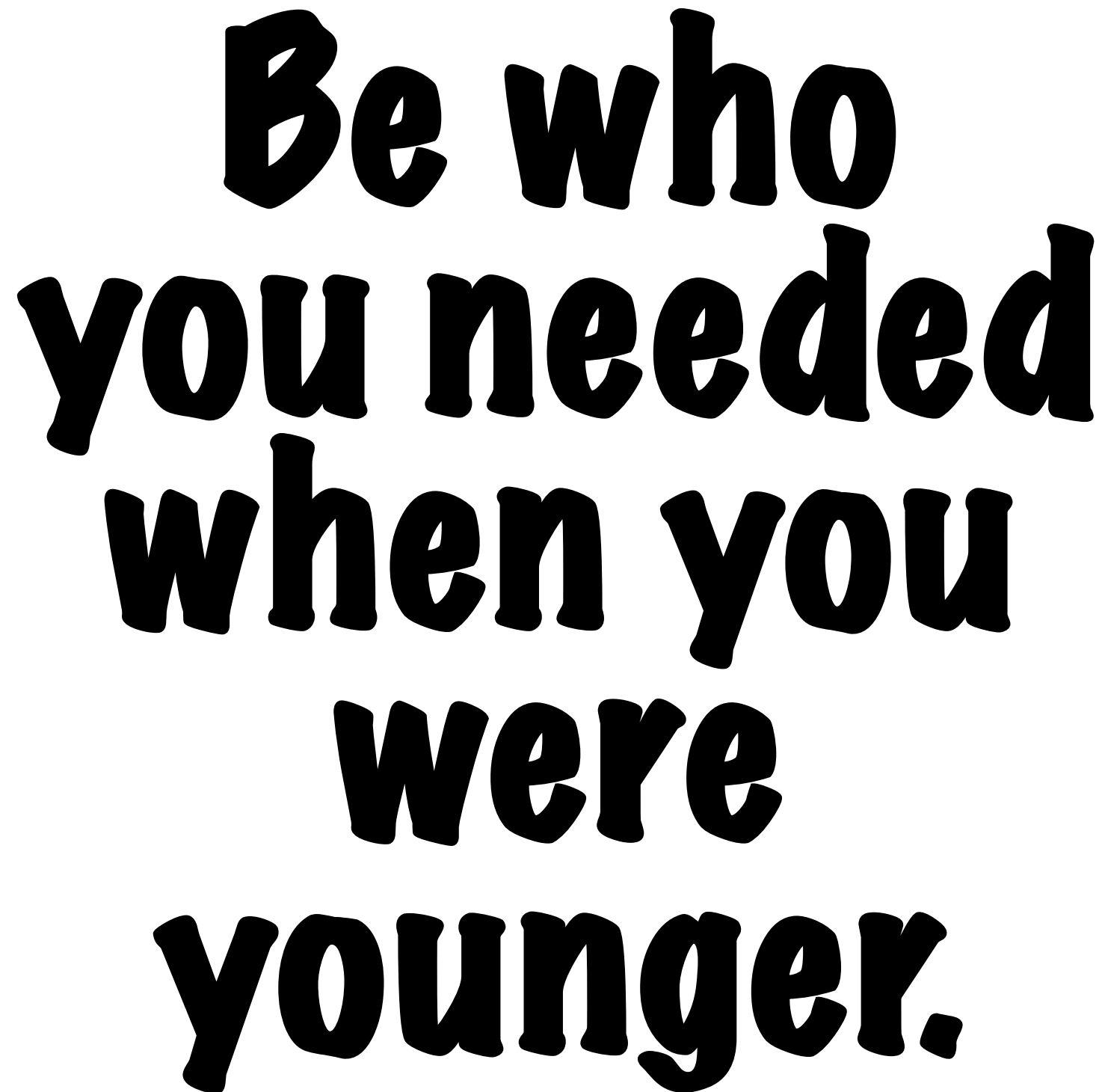


Think of a situation. What are some reactions that are 100% emotion? Reactions that are 100% logic? Can you think of reactions that are a healthy mix of both emotions and logic? How might those Wise Mind reactions be more helpful?





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have ideas for ways it could
be improved for you & your
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**Be who
you needed
when you
were
younger.**