The wise mind

Neither emotional reasoning or rationalisation are wrong. They are just half the picture. It is more accurate and healthy to bring the emotional and rational minds together- the wise mind.

Situation	
The emotional mind says	The rational mind says
The wise mind says (something that both parts of agree is true)	

© 2025 Robert Fulton (trading as Progress Psychotherapy®) Licensed under CC BY-SA 4.0.