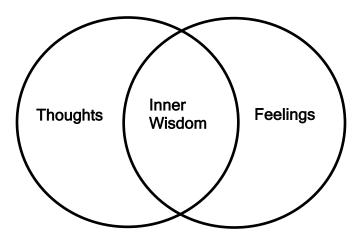
Using Attention Skills to Increase Access to One's Inner Wisdom

Using attention skills to become aware of one's feelings and thoughts offers access to one's inner wisdom. Inner wisdom is the location of the synergy created by an individual's humanity, reason, knowledge, skills, strategies, values, priorities, and highest intentions. Inner wisdom offers the ability to identify what would be helpful, realistic, beneficial, effective, and skillful for oneself, others, and the world.

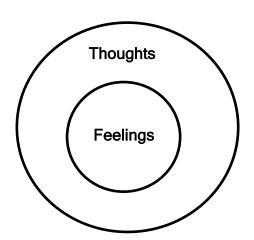


Intellectualizing

Thinking is used to avoid feeling.
Access to inner wisdom is limited.
Acknowledging feelings rebalances and releases access to inner wisdom.

Flooding

Unregulated feelings overwhelm thinking.
Access to inner wisdom is limited.
Identifying thoughts as beliefs vs. facts
rebalances and releases access to inner wisdom.



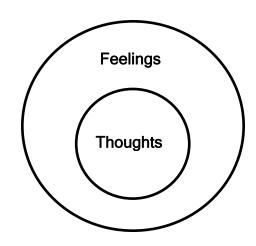


Diagram is an adaption of "States of Mind," a concept from Dialectical Behavior Therapy (DBT), invented by Marsha Linehan, Ph.D. This content is for informational purposes only and is not a substitute for medical or professional advice. Consult a qualified health care professional for personalized medical and professional advice. Anne Giles, M.A., M.S., L.P.C. • www.annegiles.com • anne@annegiles.com • 540-808-6334