## Walking the Middle Path to Wise Mind

Due Date:	: Name:			Week Starting:		
WALKING	THE MIDDLE PAT	H: Check off WI	SE MIND practice	exercises	each time you do one.	
Worked at	balancing:					
<b></b> 1.	Reasonable mind	with emotion mir	nd to get to Wise N	vind.		
<b></b> 2.	Doing mind with b	eing mind to get	to Wise Mind.			
<b></b> 3.	□□□□ 3. Desire for change of the present moment with radical acceptance to get to Wise Mind					
<b></b> 4.	□□□□ 4. Self-denial with self-indulgence to get to Wise Mind.					
<b></b> 5.	Other:					
	THE MIDDLE PAT		e or more situati	ions where	e you walked the mid-	
	ive was the practice		•	th?	Variation	
Not effective: I couldn't do the skill for even 1 minute. I got distracted or quit.		Somewhat effective: I was able to practice Wise Mind and became somewhat centered in my Wise Mind.  3		4	Very effective: I became centered in Wise Mind, and was free to do what needed to be done.  5	
	THE MIDDLE PAT		e or more situati	ions where	e you walked the mid-	
How effect	ive was the practice		valk the middle pa	th?	Very effective:	
I couldn't de for even 1 m distracted	o the skill inute. I got	I was able to and became	o practice Wise Mind somewhat centered y Wise Mind.		I became centered in Wise Mind, and was free to do what needed to be done.	
1	2		3	4	5	
List any a	nd all wise things	you did this wee	ek:			

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