

Walking the Middle Path to Wise Mind

Due Date: _____ Name: _____ Week Starting: _____

WALKING THE MIDDLE PATH: Check off WISE MIND practice exercises each time you do one.

Worked at **balancing**:

- 1. Reasonable mind with emotion mind to get to Wise Mind.
- 2. Doing mind with being mind to get to Wise Mind.
- 3. Desire for change of the present moment with radical acceptance to get to Wise Mind.
- 4. Self-denial with self-indulgence to get to Wise Mind.
- 5. Other: _____

WALKING THE MIDDLE PATH: Describe one or more situations where you walked the middle path, and tell how you did this:

How effective was the practice in helping you walk the middle path?

*Not effective:
I couldn't do the skill
for even 1 minute. I got
distracted or quit.*

1

2

*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

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List any and all wise things you did this week: _____