

## Using Wise Mind to Support and Model a Growth Mindset

The concept of “Wise Mind” has helped me cultivate and model a growth mindset for myself and when interacting or sharing my experiences with my kids. The diagram below depicts the concept of wise mind. Each state offers a different quality that can be more or less constructive in different situations.

Strengths of Reason	Strengths of Wise Mind	Strengths of Emotion
Planning, Phasing, Directed efforts, Completion and Mastery	Progress, Affirmations, Judicious vs. judgmental observation, Recognition, Acceptance	Motivation, Inspiration, Drive, Creativity
Can be more detailed – Purposeful	Can be broader take you outside your box	Can be bigger picture - Aspirational



Mental Mommy <https://mylifeontheborderline.blog/tag/wise-mind/> - DBT

We model mindset for our kids. Maternal experience tells me that modeling a growth mindset has stronger impact than trying to teach our kids logically. We can teach the concepts when things are calm and then live it as things come up for us. This **does not** require us to do things right. In fact, we best model growth mindset in how we identify and respond to our own mistakes. This **does** require making space to think about what we tend to do in a circumstance and to consider what we would want for our own kids to be able to do when they are adults. Situations can be approached differently. I know I have approached any number of situations in less constructive ways more often than I can count. The best news is, no matter how we start to handle a situation, we can catch ourselves and shift tracks to a new parallel narrative. IF we can do this out loud and share our process with our kids we are modeling the value of progress over perfection. They are watching. They see us making and valuing our own efforts and can better trust our response to theirs.

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SOME PARALLEL NARRATIVES			
	Statements of Reason	Statements from Wise Mind – Modeling Growth Mindset	Statements of Emotion
Modeling in Conflict – When reasoning or begging our kids, we can switch tracks, try something new, modeling our effort	This doesn't make sense to me. It is just so much simpler for me to have the sink and counters clear before I make us all dinner. Its reasonable to want space to work. I don't know how to make you understand this.	Ohhh – we are at that same argument again. I love you all and don't like being angry with you so I am going to try something new. I'll go to my room and read my book until the sink and counters are clear so I can make dinner for us. Let me know when the kitchen is ready for me to cook.	I am so angry right now I can't even see straight. I feel like we have been and will be fighting this battle forever. It's time for me to make dinner and the sink is still full of dishes and the counters are not clean. Does nothing I say or want matter?
	When you choose to act this way it never works so I am not sure why you are still trying. I explained ___ to you and you just don't get it. This is not rational.	Nope sorry. I know you are upset, and now I'm yelling and angry again too. Me being mad is the last thing we need while you are this upset. THAT doesn't help either of us. So I am going to make a change. I'll give you some space and go <i>(to the couch with my headphones, to my room with a book, or walk with the dog)</i> . I can calm myself down while you work this out. I'll check back in <u>X</u> minutes.	You have got to chill! You have been making my life hell for days now. I feel like you are trying to make sure I am as unhappy as you are. And you know what? You are succeeding. I can't take it I am ready to explode.
Modeling Through Shared Self-Talk – What do Kids take away when they hear us say these things?	I know better than to leave my car keys somewhere other than on the key hook. And still this is what I do. This makes no sense.	This is a mistake I have made a few times now. I sure haven't developed my best habit here yet. Maybe I can remember better now. I am going to think about another way I can help remind myself to put the keys where I can find them, maybe you can help me think of something.	I can't believe I just did that. That was so stupid now we will be late, and I hate being late. Uuugh I am so scattered.
	There must be 6 other people who can present this material better than me. I tried reasoning with my boss but he still wants me to do this. Maybe I can explain why Joe would be so much better at this than I am.	Well, giving this talk will be a stretch for me. This doesn't come naturally to me yet, but I have been getting better at it. The thought of it still "excites" me. Maybe I can break it down. I can practice and prepare for the presentation portion of the talk and I bet, if I ask, I can have Joe help with spontaneous responses to Q&A after the presentation this time, until I get more comfortable with that part of it.	I am not a good public speaker. I hate being asked to present. I feel nauseous just thinking about it. This is too much for me. I wonder if I can find someone else to give the talk?

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