

The Conscious and Unconscious

The following is an explanation of the differences between the conscious and unconscious mind. After you read this, you'll have a better understanding of the unconscious and why, in my work, I choose to work with both.

The conscious mind is only aware of 7 + or – bits of information at a time.
The unconscious mind is aware of everything else.

The conscious mind is sequential. It likes logical order.
The unconscious mind processes simultaneously. It multitasks.

The conscious mind is logical. It likes things to make sense – have a reason.
The unconscious mind is intuitive and can make associations of information easily.

The conscious mind is linear thinking. It thinks in terms of cause-effect.
The unconscious mind makes associations and connections between many thoughts, ideas and feelings.

The conscious mind seeks answers to “why”?
The unconscious mind knows why.

The conscious mind does your intellectual thinking. Is responsible for your self-talk.
Your unconscious mind does your perceiving and feeling.

Your conscious mind is associated with the waking, thinking state.
The unconscious mind is associated with the dreaming (including day dreaming), reflecting, meditating and sleeping state.

The conscious can voluntarily move parts of your body.
The unconscious can involuntarily move parts of your body.

Your conscious mind is only aware of the now.
Your unconscious mind is unlimited in time and space. It holds all your memories and future constructs.

The conscious mind seeks understanding of problems and reasons that if it understands them, it can make them go away.
Your unconscious mind decides what it will do about it. It can forget (amnesia), distort (make false associations) or break connections (get over it).

The conscious mind is deliberate.
The unconscious mind is automatic.

**The conscious mind is verbal (including self-talk).
The unconscious mind is nonverbal (feeling).**

**The conscious mind is analytical.
The unconscious mind is literal.**

**The conscious mind is the place of cognitive learnings and understandings.
The unconscious mind is the place of experiential learnings.**

Your conscious mind uses the intellect to come up with logical solutions for problems.

Your unconscious mind can access internal resources from memories of experiences, linking them all together - creating a resourceful state.

**Your conscious mind will tell you when you are right because the facts line up.
Your unconscious mind will tell you when you are right because it will feel right.**

**Your conscious mind has limited focus.
Your unconscious mind has unlimited focus.**

References:

Descriptions adapted from: Training Trances: Multi-Level Communication In Therapy and Training by John Overdurf & Julie Silverthorn, Metamorphous Press: Oregon, 1994, pg. 66