

THE CONSCIOUS & SUB-CONSCIOUS MIND



The conscious and subconscious mind can be described as two distinct parts of our mental processes, each playing different roles in how we experience and interact with the world.

1. Conscious Mind

Freud described the conscious mind as consisting of all the mental processes of which we are aware, and this is seen as the tip of the iceberg in the picture above. For example, you may become aware of feeling thirsty so you decide to get a drink.

- The conscious mind is the part of our mental awareness that we actively use in our day-to-day activities. This contains all of the thoughts, memories, feelings, and wishes of which we are aware at any given moment. This is the aspect of our mental processing



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that we can think and talk about rationally. This also includes our memory, which is not always part of consciousness but can be retrieved easily and brought into awareness.

- It is responsive for logical thinking, decision-making, rationalizing, and analysing.
- This is where our short-term memories reside, and it's the part of the mind that we are aware of in any present moment.
- Examples:
 - When you're solving a math problem or making a grocery list, you are using your conscious mind.
 - Making deliberate choices like what to wear or what to eat for breakfast involves conscious decision-making.
 - Having a conversation or reading a book engages your conscious mind as you actively process information.

2. Subconscious Mind:

Let's first take a moment to consider the fact that your subconscious mind is like a huge memory bank. Its capacity is virtually unlimited and it permanently stores everything that ever happens to you. And, it is bigger than the conscious mind (the bottom of the iceberg in the picture above).

- The subconscious mind operates below the level of conscious awareness and influences our thoughts, feelings, and behaviours without us being aware of it.
- It stores long-term memories, habits, beliefs and emotions.
- It is highly influential in shaping our perceptions, attitudes, and responses to situations.
- The subconscious mind is often associated with intuition, creativity, and the autopilot functions of our daily lives.
- Examples:
 - Habits such as brushing your teeth or driving a car become automatic because they are stored in the subconscious mind.
 - Phobias or fears may be rooted in subconscious memories or experiences.



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- Dreams often reflect the content of subconscious mind, expressing thoughts and emotions that may not be readily accessible to the conscious mind.
- Gut feelings or instincts that guide your decisions may stem from subconscious processing of information.

A simple analogy: Think of the conscious mind as the captain of a ship, making decisions and navigating the course, while the subconscious mind is like the crew below the deck, working tirelessly to carry out the captain's orders and maintain the ship's functions without the captain always being aware of their actions.



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