

**Conscious Mind**  
*My Story lives here*

**Above Conscious Mind, the awareness that observes my thoughts, questions my thoughts, notices that there's a train track forming in my head**

If I had him/her, *then* I could be happy  
I can't go to college  
I *need* a drink now  
Stuff I think *other* people think about me  
I've GOT to get out of here so I can...  
I'm not smart enough  
All worry- about past *or* future

I have to be bigger/smaller to be okay  
I've got to find some WEED  
I can't open up because I've got trust issues.  
I can't be happy now because...  
Anything I say over and over and over again  
I have to get my \_\_\_\_\_'s approval  
I could never do that  
I don't care  
I'm totally over that now  
I already *know* all that stuff  
I don't do it *that* much  
I'm not as bad as so and so  
I'm better than her. She's better than me  
The system sucks! I want to be out of the system

***I can wear a train track in my brain by my repetitive thoughts; the track can go all the way to CrazyTown. All aboard! (some stops along the way = BitterTown, WorryTown, ResentmentTown...***

**UNconscious Mind *Core Beliefs live here***

I'm not safe in the world  
My mom was depressed, so I will be depressed  
I don't deserve to have good friends  
I'm boring without alcohol  
\_\_\_\_\_ are bad people  
I'm not as good as other people  
We're not *supposed* to have fun in this life  
I'll always be in the system  
I don't *deserve* to run my own life

***The actual rudder, what's steering this thing is under water. I don't even KNOW I believe this stuff.***

**Below Consciousness** Mind Altering Drugs, ...

Obsessive TV watching, internet, sex, work, fighting, dating behaviors

**Core Beliefs**

