

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

