

The Subconscious & Conscious Mind:



**Conscious mind is active
5% of our day.**

- Being aware of the present moment (not worrying about the future or having fears from the past)
- Dominated by logic & reason
- We can make a choice



**Subconscious mind is
active 95% of our day.**

- Programmed mainly the first 7 years of life. We absorb everything around us as data, which becomes our core beliefs (who we are, how a relationship should be, how the world functions etc.).
- Dominated by our emotions.

**The parent-child
relationship is a
blueprint for all
future
relationships.**

- How are stressful situations handled
- Are boundaries respected or violated
- Our definition of love & connection
- How to communicate / ask for our needs to be met