

What is the difference between the conscious & unconscious mind?

CONSCIOUS MIND

Controls 5-10% of behaviour

Logical

Analytical

Short term memory

Critical thinking

Thinking & planning

UNCONSCIOUS MIND

Controls 90-95% of behaviour

Automatic control of body & physical functions

Imagination

Emotions

Habits & addictions

Creativity

Long term memory

Intuition

Values & beliefs

Spiritual connection

Relationship patterns

