

Mind Empowered Performance Academy©

Tasks of the Mind

Conscious Mind	Unconscious Mind
Limited Awareness, 18-25% of mental activity	Awareness of all things
Analytical, logical and sequential. Makes sense of things with reason.	Processes simultaneously, can do many things at one time, more literal.
Likes things to make sense, to have a reason. Wants understanding.	Highly intuitive. Makes associations easily, with many thoughts, ideas, feelings, sensations.
Can voluntarily move parts of the body	Can involuntarily move parts of the body
Thinking is linear. Functions with cause and effect.	Perceiving and feeling oriented.
Focuses on problem solving. Seeks out "why." Uses intellect to solve problems logically.	Knows why, has access to all information.
Deliberate in function.	Automatic & Autonomic responses more closely connected to crisis centers of brain.
Is centered in the here and now.	Unlimited in time, space, holds memories, future constructs.
Concrete factual understanding, does intellectual thinking.	Protective in nature: can distort, make false association to prevent being overwhelmed or what we are not ready to address.
Deliberate and intentional functions.	Many internal resources. Links memories of experiences.
You are right when facts line up	Knows what is right because it feels right.
Limited amount and rate of information can be processed. Is slower than the unconscious mind.	Can process at a much higher amount and rate than the conscious mind.
Cognitive learning and understanding center; verbal language, self-talk.	Experiential learning; knows by felt experience, non-verbal.
Narrow focus on above elements.	Disrupts or breaks connection for survival.
Associated with alert, waking, thinking states.	Associated with dreaming, daydreaming, reflecting, meditating, sleep states.