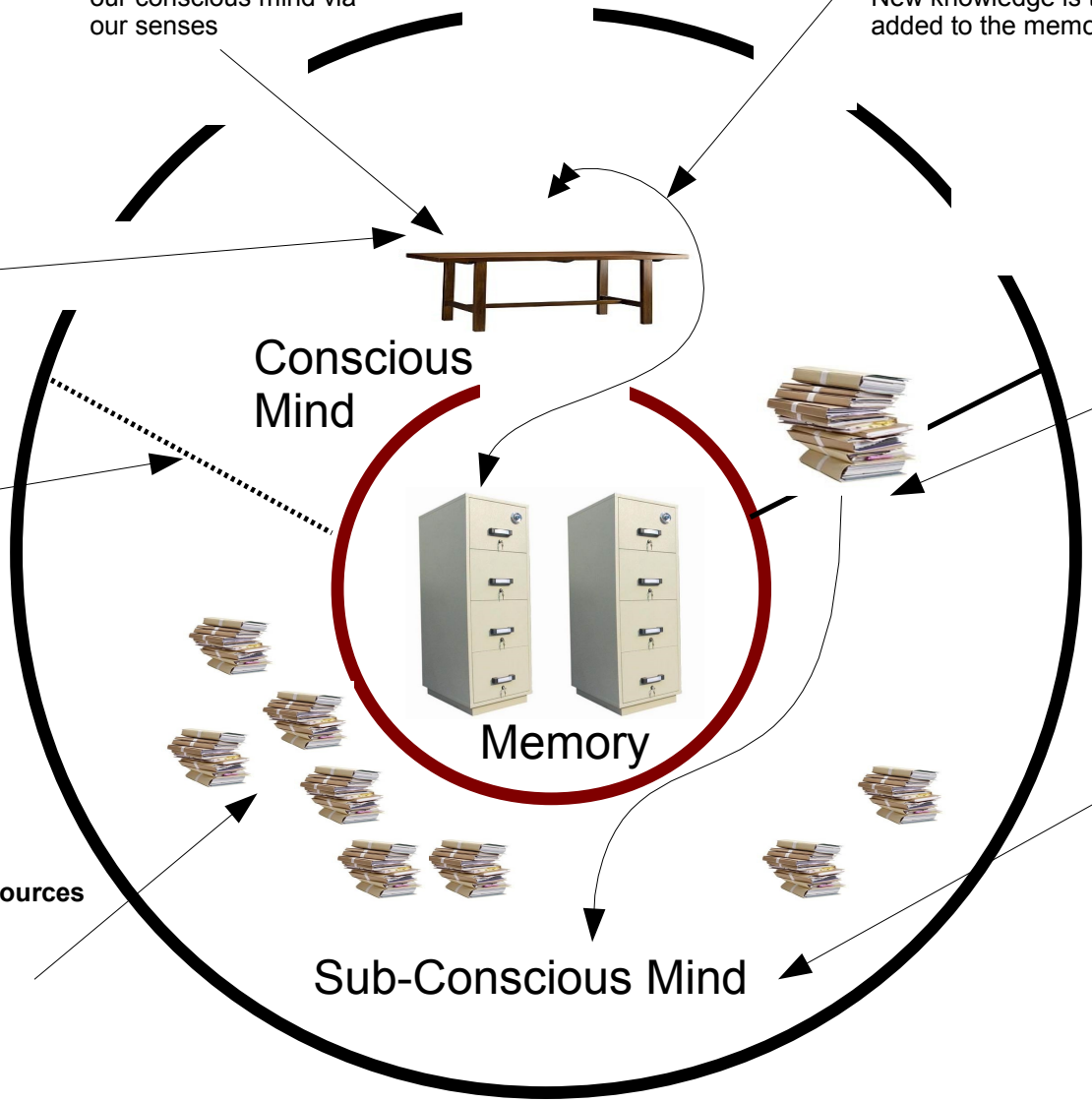
A model for understanding anxiety and the sub-consious

1. Events or issues for us to process arrive in our conscious mind via our senses

2. We successfully process most things by accessing our memory banks and drawing on learning and experience. New knowledge is then added to the memory.

3. Every once in a while something occurs which we are unable to process successfully. We may not have the time, the skills, the emotional space or the necessary concepts to deal with it. It ends up swept off the desk and eventually drops into our sub-conscious minds.

4. The sub-conscious mind is an important store of many positive and negative images, issues, ideas, and emotions. They are not readily available to our conscious minds and we cannot access them at will like we can with memory (usually!). Each of these have energy. They 'want' to be dealt with and stored back in the memory where they can become energy neutral. Consequently they seek opportunities to be responded to – especially when things are quiet in the conscious mind i.e sleep, holidays, rest, boring activities..... It requires energy to keep these things down and quiet in the subconscious – when we are in trouble keeping these things down we refer to this as 'anxiety'.



5. **There are 6 Common sources of anxiety:**
- Unfinished Projects
- Unresolved Problems
- Unkept Promises
- Unmet exPectations
- Unforgiven People
- Unprocessed Pain

6. When we do not have the capacity to keep all our sub-conscious energy under control, some of the unresolved issues can erupt into our conscious minds in the forms of dreams, and in extreme situations hallucinations and psychotic episodes.

7. The best time to deal with sub-conscious issues is when they arise naturally and call for our attention. There is some danger in trying to seek out things which we only suspect might be there.