

# ON UNCONSCIOUS EXPLORATION

UNDERSTANDING THE UNDERLYING MOTIVATIONS FOR A BEHAVIOR

# WHAT IS THE UNCONSCIOUS?

The Unconscious is more easily understood by what it is NOT - the Conscious.

The **Conscious** is:

- Thoughts
- Rationalizations
- The 'What' of our behaviors

The **Unconscious** is:

- The 'Why' of our behaviors

# WHAT IS THE POINT OF UNCONSCIOUS EXPLORATION?



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Think of it as another tool to add to your self-awareness toolbox.

Different Unconscious Techniques include:

- Meditation
- Expressive Arts
- Ritual & Ceremony
- Wounded Child Work
- Shadow Work
- So many others

# GREAT ... BUT WHY ARE WE DOING THIS?



This is a vehicle for understanding the ‘**Why**’ behind your actions, behaviors, and beliefs.

- Another opportunity for self-awareness
- With increased self-awareness, increased capacity for change

**Remember:** our work together blends practical skills-building with increased self-awareness. Unconscious exploration is a powerful tool for self-awareness!

# SO HOW DO I GET STARTED?



- Bring some ideas to our next session together, and we can talk through some options
  - We are looking for something that you feel excited & nervous to explore ... something that has some *energy* behind it.
- Remember, there is no set format for this work - you get to be creative & unique



REMEMBER ...

WITH INCREASED SELF-AWARENESS COMES INCREASED  
CAPACITY TO CHANGE



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