

# Characteristics of Each Level

# Theory of the Mind

## Approx. 5-10% of the mind

Thinking, rational, logical, planning,

Sets goals, knows what you want

Short term memory

**Goal: To understand**



## Approx. 80-90% of the mind

Semi-automatic physiological systems

Holds beliefs about the world

Holds beliefs about self

Habits, thoughts, emotions

Fight or flight response

Remembered trauma

Long term memory

Protection

Fears

Desires

**Goal: to protect and be right**



## Approx. 5-10% of the mind

Early impressions (in utero, birth, 1st yr.)

Automatic physiological systems

Instinctual responses

Forgotten trauma

Cellular memory

**Goal: to survive**

