

## HOW IT WORKS

Thoughts and memories are like paths or roads that become more defined as you travel over them

Roads that have access from different directions are easier to get to

Remembering is a process of creating new roads over previous roads

Consistent repetition of thoughts creates mental habits that are like railroad tracks that limit the range of future thought

We are constantly developing new roads or reinforcing old ones

## WHAT GOES WRONG

Tension draws focus to "What's wrong?"

Narrow focus, emphasize negative

revert to habit -old "roads"

limits creativity, insight

Limits receptivity

Mental recycling of fear and negativity creates tension leading to self-escalating process

Concepts precede and limit understanding of experience

Priorities blur -**EVERYTHING** appears critical

Mind

Level 3

9-25-15