

Analytical/ Diagnostic Tools For Human Behavior

Sunday Service, 20th October 2024

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FREUD'S ICEBERG THEORY

Thoughts
Perceptions

Conscious

Memory Stored
Knowledge

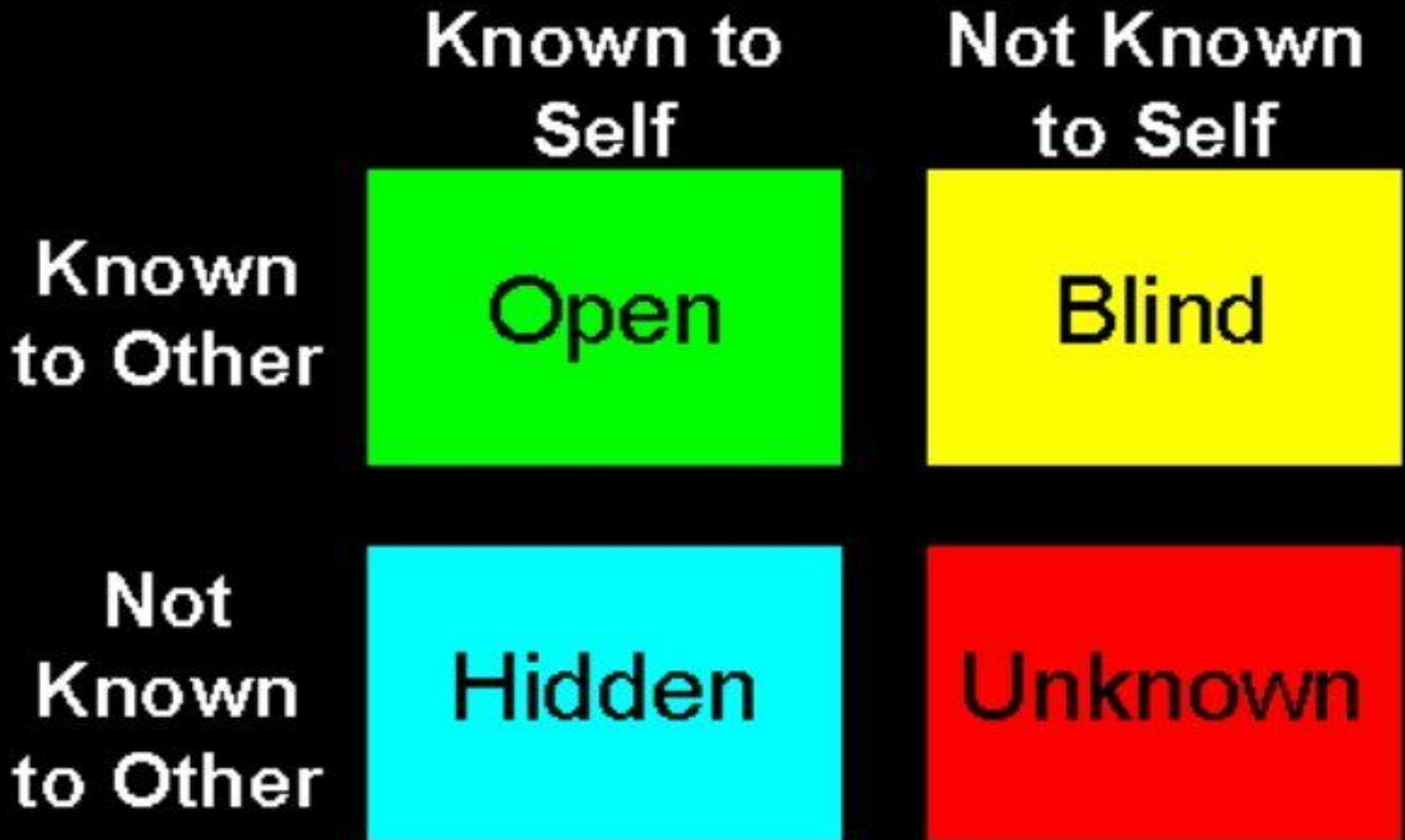
Preconscious

Instincts Fears
Selfish Motives

Unconscious



Johari Window Model



The concepts of the conscious, unconscious, and subconscious mind come from psychology, particularly from theories by Sigmund Freud and later developments in cognitive psychology.

Here's How They Differ:

1. Conscious Mind

What it is: The conscious mind is the part of your mind that is actively aware of your thoughts, feelings, and surroundings at any given moment.

Functions: This is where reasoning, decision-making, and focused attention happen.

When you're engaging in conversation, solving a problem, or paying attention to something, you're using your conscious mind.

Example: When you're reading a book or solving a math problem, you're doing so with your conscious mind.

2. Subconscious Mind:

What it is: The subconscious mind is the layer just below the conscious awareness.

It handles information that you're not actively thinking about but can access if needed. It stores habits, automatic reactions, learned behaviors, and long-term memories.

Functions: The subconscious mind influences your feelings, habits, and automatic responses without requiring conscious thought.

It handles processes like breathing, walking, and routine tasks like driving a familiar route.

Example: When you automatically tie your shoes or feel a certain way in response to a familiar situation (e.g., feeling anxious in a crowded room), these are actions driven by your subconscious mind.

3. Unconscious Mind

What it is: The unconscious mind is deeper than the subconscious. It contains thoughts, memories,

and desires that are not easily accessible to the conscious mind, often because they are repressed or have been pushed out of awareness due to emotional conflict or trauma. •

Functions: According to Freud, the unconscious mind influences behavior in ways we don't realize.

It can be the source of dreams, slips of the tongue (Freudian slips), and unresolved emotions that surface indirectly.

Example: Traumatic memories from childhood that affect adult behavior, even if the person isn't actively aware of them, are stored in the unconscious mind.

Summary:

Conscious: Active awareness,
present thoughts and
decisions.

Subconscious: Automatic processes, habits, and memories that influence behavior but can be accessed.

Unconscious: Deeply buried thoughts, desires, and memories that shape behavior without conscious awareness.

These layers of the mind interact with each other, and their influence can affect how we think, feel, and act in daily life.