

The Unconscious Mind
Test

1. Is the unconscious mind a state of mind or a process? ___ state ___ process
 2. Can you tell if you are in the unconscious mind by how you feel? ___ yes ___ no
 3. Can the unconscious mind impersonate the conscious mind? ___ yes ___ no
 4. Can you have an experience of awareness in the unconscious mind? ___ yes ___ no
 5. Do the conscious mind and the unconscious mind have different personalities? ___ yes ___ no
 6. Can you know for sure if you are in the conscious mind? ___ yes ___ no
 7. How can you tell if you are in the conscious mind?
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8. Can you know for sure if you are in the unconscious mind? ___ yes ___ no
 9. How can you tell if you are in the unconscious mind?
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10. If you are in the conscious mind, can you make a definite decision? ___ yes ___ no
 11. Do you always have the power to carry out your conscious decision? ___ yes ___ no
 12. The unconscious mind process requires more effort than the conscious. ___ True ___ False
 13. If you act from your conscious mind, can you make mistakes? ___ yes ___ no
 14. What is a quick way to determine if you are in your conscious mind?
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15. A feeling of pressure or immediacy suggests that your conscious is in control. ___ True ___ False
 16. What percent of the time are most people in their conscious mind? ___ 90 ___ 60 ___ 33 ___ 5
 17. Why does the unconscious mind tend to make mistakes?
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18. Is the unconscious mind usually effective and accurate? ___ yes ___ no
 19. Can you rapidly switch back and forth between the conscious and unconscious? ___ yes ___ no
 20. Can the unconscious mind operate while the conscious mind is processing? ___ yes ___ no