

A Match – or a Mosaic?

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Under the influence of past trauma, it is normal for the unconscious mind to catastrophize any exposure to a traumatic trigger – some element or circumstance that in some way resembles the original trauma – even if it is just one tiny element of a current, multidimensional experience.

However, this keeps the mind locked in excessive, unnecessary pain – long past the time of the original trauma. The unconscious mind is unable to extract itself from this trap. The conscious mind, however, can learn to tell the difference through:

DISCRIMINATION TRAINING