



University at Buffalo  
The State University of New York

## Mind, Consciousness, and Alternate States

PSY101 Introduction to Psychology  
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### Mind, Consciousness, and Alternate States

- What sets apart the activities of your mind that are conscious and those that are not?
- What control – if any – do we have over our own consciousness?

## Mind, Consciousness, and Alternate States

- *Conscious* thoughts
- *Consciousness* includes things such as:

## Mind, Consciousness, and Alternate States

- Consciousness aids survival by helping to:

## Nonconscious Processes

- Activities of the brain that rarely (if ever) become a part of your awareness are considered to be nonconscious
- The brain is responsible for many activities (e.g., heart rate; breathing functions; etc.) that often go without being noticed

## The Subconscious

- Operations of the mind functioning below the level of consciousness that still affect behavior are considered to be subconscious
- Freud viewed the subconscious as a series of latent drives or motivations that influence behavior, but that are not readily attended (e.g., social and sexual desires; survival efforts; etc.)