



Review articles

Intersecting behavior through patterns of subconsciousSavita P Patil*¹, Deep shikha Jakhwal¹, Shipra Gupta², Kumud Pant³¹Sri Guru Ram Rai University, Dehradun, Uttarakhand, India²Graphic Era Hill University, Dehradun, Uttarakhand, India³Graphic Era Deemed to be University, Dehradun, Uttarakhand, India**ABSTRACT**

This paper tries to bring out and identify the patterns that influence human behavior and tries to understand the origin and factors affecting it to bring it to shape. It also brings out a generic viewpoint on how a subconscious mind functions, intellectual ability, and relationship with the conscious mind. It also sheds some light on how memories are created and how the conscious mind comes into play to utilize the orders of the subconscious mind in terms of actions, reactions and behavioral characteristics. In this manuscript, the intersecting behavior of the person through patterns of the subconscious is studied.

Keywords: Memories, Action and Reaction, knowledge, thoughts, backend thinking

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INTRODUCTION

Human emotions are the major source of fluctuating behaviors among individuals in general. They are sources to be generated at subconscious levels wherein the true definition and regulation of actions, reactions, and any mental manipulation originate, which comes out as an emotion or conscious action. Since childhood, we have been watching, learning, experiencing and realizing things in our lives, trying to understand the patterns of the day to day activities. In this process, we are collecting multiple emotions, memories, beliefs etc., and through this, we have developed a perspective towards life which we are repeating. Every person is unique, and so does their lens to view things differently since every person has a different environment, different kinds of awareness, different kinds of memories in their lives; thus, we become different from each other, but whatever we have learnt, understood or believed in life, as an adult we have stored that learning in our Subconscious Mind. Now through this sub consciousness, we act accordingly^[1].

Our responses towards things around us are based on encounters in our subconscious minds. The majority of us have encountered rejection, embarrassment, trauma, stress, anxiety, and depression due to varied reasons. PTSD (Post Traumatic Stress Disorders) is on the high rise due to the recent covid-19 pandemic along with PTSS (Post Traumatic Stress symptoms). These can give

us long term repulsive effects, states of numbness, mood fluctuations, impulsive behavior and continuous pain in some stages of our life. Such disorders can affect our Subconscious mind on a disruptive level in our life events. Similarly, at various times we find ourselves stuck with these thoughts and events in life and continue to carry them forward in various situations irrespective of any personal association with that event, thought, or situation, for instance, a person met with an accident ten years back but developed PTSD and now whenever he/she hears or sees an accident the idea itself reminds them of what happened with them. They start to relate with every accident in a personal association^[2].

UNDERSTANDING OF PATTERNS

From our understanding, we can simply divide the behavior and decision-making process into two sections, i.e.

Mind

Intellect by Mind, we can simply relate to feelings, emotions and desires, which are defined by *Conscious mind (10%) Subconscious Mind (90%)*

Subconscious Mind Can Include the following pillars

- Identification and Interpretation
- Give and Take accounts
- Desire and Instincts.
- Likes and Dislikes
- Temperamental traits

Thus, the entire subconscious depends upon the pillars

mentioned above to take up and process the information based on the experience and ability to express various emotions, feelings, and desires through Conscious Mind.

On the other hand, intellect utilizes and acts as a bridge between the Conscious Mind and the subconscious by overlooking and monitoring the decision-making process through its ability to reason. The subconscious mind works like a storage and processing unit by realizing the nature of an impulse. The other aspects work in maintaining and settlements the Give and take accounts. The other third pillar works as a storehouse for all the desires and Instincts, the fourth pillar sends the requests for likes and dislikes to the conscious mind about certain people and things & the fifth pillar collects the characteristics that comprise of temperamental values of an individual

Freud explains how people mistakenly assume the subconscious mind as an unconscious mind, and he quotes ^[4]

If someone talks of sub-consciousness, I cannot tell whether he means the term topographically—to indicate something lying in the Mind beneath consciousness—or qualitatively—to indicate another consciousness, a subterranean one, as it were. He is probably not clear about any of it. The only trustworthy antithesis is between conscious and unconscious, and how these factors around us influence the way we talk, walk, and act or express our emotions is defined as human behavior.

Figure 1: The below info graphic Image is an Interpretation and representation of how a Human being takes certain decisions



RESULT

The overall behavior is an outcome of a multistage process that originates at the subconscious and undergoes various pillars and checkpoints where the Identification, analysis, storage,

verification and interpretation happens based on multiple (virtual) indicators and trackers, which then passes through the Intellect by using its reasoning and decision-making abilities and comes out in the form of Conscious action, reaction, feeling or emotion and further stores the entire process in the form of memories. Thus, to understand the patterns, we also need to understand how human mechanisms work. Based on our analogy, we can simply state that the subconscious Mind is the center of all the germination of thoughts and behavioral outcomes.

We can also relate to this process in our day to day lives, activities, actions, reactions, emotions and perspectives about various actions and how to respond to certain circumstantial characteristics or general developments to reciprocate in a life. The narrative of intersection doesn't come into play since the whole process of behavior is defined, regulated and controlled majorly by our Subconscious mind and comes out into action through the conscious Mind. We now can state that our nature to watch, to learn, to recognize things depends upon our Subconscious state of mind. Whatever we are doing in sort of action is related to our past experiences, beliefs and knowledge, which completely influences our behavior toward others, with us and with things around us.

CONCLUSION

The author carries out this research to understand intersecting behavior through patterns of the subconscious. The subconscious mind generally becomes difficult to understand in terms of behavioral patterns, and thus, this triggered the author to take up such a topic. The author tries to develop a clear perspective based on various processes controlled, interpreted and generated at the subconscious level based on such vast subjects. This paper allows future works to be carried out to come up with qualitative and comparative viewpoints concerning varied lenses.

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