

# MENTAL MODES

## DRIVEN-DOING MODE

fixed on an internal goal

sense of "have to" or "should"

constant monitoring

focus is on past or future

evaluates feelings as "good" to hang onto or "bad" to get rid of

focus of experience is on progress towards goal

## BEING MODE

not attached to a goal

accepts and allows what is

no pressure to monitor

focus is on present moment

feelings come into awareness and are temporary

experience has freedom to be fresh and responsive