

Worksheet 9: Snacking

The odd feeling everyone gets, nobody wants, but could be incredibly *useful*.

Your brain has two parts:

Thinking Brain

- conscious
- complex
- where thoughts happen
- deals with NEW things
- manages unfamiliar situations or tasks

Automatic Brain

- unconscious
- straightforward and repetitive
- feelings, instincts and impulses
- deals with FAMILIAR things
- manages automatic tasks and habits
- no attention needed

