

VS Chap 9

Blackout \neq passing out

Computer is nice analogy yet falls short.

Computer = static

Brain = dynamic

Fragmented memory result of blood levels going up & down.

unknown fearful response = \uparrow anxiety

= Vague sense of dread
ambiguous sensations

Altered data = inaccurate memories

Paranoia comes with the process -

Intuition isn't "automatic." or always accurate

All the data accurate or not can

fuel the feeling of intuition

28 day programs why are they 28 days?

Rigorous honesty requires detail mind / brain.

Feed back from the environment

Make amends different from apology

12 step