

Deborah Lukovich PhD

My 5-Step Process for Working with Your Unconscious



Step 1 – Gathering intelligence is noticing how your unconscious is trying to communicate with you, like a detective looking for clues that lead to solving a mystery. Writing them down can be accompanied by drawing what cannot be expressed in words.

Gathering intelligence includes observing things you never noticed before and might have dismissed as insignificant. Like the detective's small spiral notebook, you will be gathering clues in your personal written and image journals.

Step 2 – Finding themes and patterns involves making connections between things that on the surface don't appear to be related. Your pattern might include a certain image that keeps coming up in your dreams or noticing that you end up in the same kind of argument with different people. Maybe you realize that you have gotten strep throat three times in the past year. Multiple physical injuries or aches and pains are a dead giveaway that your unconscious is trying to get your attention.

There's no analysis yet, merely noticing, making connections, and documenting in your journals.



Step 3 – Where is this happening in your life? You are trying to find the metaphor. For example, having lots of dreams that include babies is a pattern, but how is that image a metaphor for something happening in your life?

This step is about thinking symbolically about your images. You might not know what the new thing is that seeks expression, but simply being aware that there is a new part of you developing can put you on alert for finding more meaning in these images down the road.

Step 4 – Finding new insights and meaning is the analysis part. You're not looking for answers as much as meaning and new insights, what many refer to as ah-ha moments. Discovering why you always act in a certain way or make too many bad decisions, making sense out of the way you approach life right now.

In this step, the mystery will begin to make a little sense. The symbolic is evolving into knowledge about what needs to change in your life.

Step 5 – Integrating a new attitude or behavior into daily life is the part where you take responsibility for meeting your own psychological and spiritual needs. I suspect your overarching goal is to get to a new place even if you're not sure where that is. There are so many possible actions that you might decide to take.

Start small and notice how your body responds when you try something new. The new behavior could feel unethical even if it is not. Whatever new behavior you try, follow it up with a walk or other physical activity to allow your body to process the experience and your brain to form a new neural connection. You will notice a sense of relief, linger in it. It will feel less uncomfortable next time, and one day, you will have developed a capacity to do that **new thing** with confidence.

You may find yourself quickly moving through all five steps on a topic, or you may simply be gathering intelligence and exploring for a while before you have your first ah-ha moment. There's no right way, so just stay curious.

Want to learn more? This one-sheet draws from Chapter 4 of my book, ***Your Soul is Talking. Are You Listening? 5 Steps to Uncovering Your Hidden Purpose.*** You can learn more about my book on my website, and can purchase it on online at Amazon, Barnes & Noble, iTunes, and other online distributors.



Deborah is a Writer, Coach and Speaker, who works with people who want to come into deeper relationship with Self and Others. She uses a framework based on C.G. Jung's theory of individuation and teaches tools for harnessing the wisdom of the unconscious.

www.deborahlukovich.com
dlukovich@gmail.com
414-803-3229

(Version 11/13/21)