

THE ONION

From birth, our experiences create neural networks forming subconscious ways of thinking that shape core beliefs about ourselves and how we relate to the world. Affective responses to our environment shape reactive feeling patterns. To adapt, we build behavioral habits as a way to cope. Each layer forms how we perceive ourselves, others, and the world, thus subconsciously driving our conscious choices.

FOO Mapping is a process of digging deep into the subconscious to discover and chart the origins of each negative belief, counteractive feeling pattern, and maladaptive coping mechanism. Like onions, individuals possess layers that represent how we see, think, and react to our world.

Like peeling away layers of an onion, the further down we travel, the closer we get to the core. Shedding light on these subconscious drives illuminates the path forward. But, similar to peeling an onion, each layer may bring pain and tears. Engage in the New Path Meditation on the next pages to build commitment to digging deep.

