

# 'The Dual Mind Trap'



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**Get Out of  
'The Dual Mind Trap'  
to  
BEAT PROCRASTINATION**

## **Introduction**

Almost each of us have been into a situation when our mind tells us to do a specific task like working on a project or sending an email, and at the same time an inner voice says NO to it. The inner voice says I am hungry now, I want to watch television now.

And in the fight of these two voices who wins most often?

The voice that says no to the important tasks wins and we put the tasks to be done at a later time.

This book will give you the clear picture of where these two voices come from and how to make the first one more dominating.

## **The twins story**

In a desert far away lived a family that had two little twin kids. These little twins were named as Ginnie and Winnie. Ginnie was quite active and always helped his parents with work whereas Winnie always wanted to play and sleep.

As they both grew up, their mother observed that Ginnie was becoming more focused and disciplined but Winnie was still very childish in his behavior. Winnie did not understand anything that his mother told him and just kept asking for things like a child. His favorite sentences were – I want to play, I want to eat, I want to sleep, I want to watch T.V., I want to play on mobile etc.

Their mother was worried as Winnie was not growing mentally with his age. He couldn't judge that what was more important at any specific time. She assumed that Winnie required much more attention than Ginnie, so due to concern she spent most of her time with Winnie.

She herself fed Winnie with his favorite food i.e. chocolates and junk food. She very rarely spoon fed Ginnie with his favorite food i.e. vegetables, fruits and salad. She assumed that Ginnie is wise enough to feed himself. But was she right at her decision?

## **Meet your dual mind**

In each of us there are two types of mind that we may call Ginnie and Winnie. The voice that drives us to take necessary actions, the one that is focused and determined can be called as Ginnie. And the other voice that always likes to play, likes to watch T.V. or be on Social Media, or likes to just take rest can be called as Winnie.

None of these two types is good or bad. Ginnie is the disciplined type of mind that likes to take actions and do important work whereas Winnie is a childlike mind that only wants fun and rest. These both types of mind would be there inside the subconscious mind forever as none of them can be destroyed. But the impact of a specific mind can be minimized or maximized with some techniques.

### **Is Winnie dominant since birth?**

When a child is born, its mind has both types inside it. A part of your mind wants to get up and wants to walk; where as a part of your mind wants to lie on the bed or on the floor and wants to play for hours.

But gradually, one of these two minds becomes dominant. For some of us, Ginnie becomes the dominant mind and for most of us Winnie becomes the dominant mind. This happens with these two ways –

1. The kind of information fed in the child's mind knowingly or unknowingly
2. The meaning that the child gives to that information.

### Let's understand both these ways in detail :

When a child starts receiving the signals given by its parents and other people around, it starts to interpret the signals. For eg. When the child crawls towards a hot vessel and the mother moves the neck right and left, and says no, the child interprets that this task should not be performed.

When the child starts understanding the human language, it is being fed with the information through various sources. It gets information from parents, siblings, grandparents, teachers, friends, television, books, videos etc.

My friend Alisha shared her experience that her daughter Tina was so obedient when she was 3 years old. She would ask her to bring little things from any place in the house and the little one would run excitedly to bring it to her. Gradually Alisha started to tell her to help with dusting and folding clothes etc. And at the same time she used to tell her about other kids who helped their parents. She used to say – “Look at Aarav, he helps his mother a lot.” She used to praise other kids in front of her own friends and her 3 years old toddler listened and felt that she wasn’t praised. In fact, sometimes she felt that she was being compared with other kids in spite of doing so much of the work. The little one gradually stopped helping her mother with the chores. She had lost all the excitement and the interest in doing the chores that she once enjoyed so much.

Tina started denying bringing things to her mother, and she also got scolded for the same. With this behavior, Alisha started calling her ‘Lazy’, ‘Inactive’ etc.

When Tina grew as a teenager, she had actually turned into a lazy and a stubborn girl. She would not be interested in folding her own clothes or keeping her room tidy. She was more interested in playing with friends and watching T. V.

Now how do you think she would be doing with her studies with continuous scolding of her mother? How would she do in her career and her personal life in the later years?

This is not just the story of Tina, but this is the story of around 70% kids in India.

Here, the 3 year old didn’t stop doing the chores because she was lazy or inactive. Her dominant mind in early childhood was so much active. The Ginnie in her was naturally dominant, but the information fed by her mother started making Winnie dominant.

When her mother compared her with other kids, Tina got discouraged as she felt inferior. When someone feels inferior, it is a disempowering feeling that

suppresses the positive qualities of that person and ignites the negative emotions such as frustration, anger and jealousy.

When her efforts were not appreciated publically, she started developing negative emotion of low self esteem. This in later years made her an egoist girl as the information given by her mother was discouraging and also she gave it the meaning that she was not worthy of appreciation.

Here, the information given by Tina's mother was absolutely disempowering. But if Tina had given it a different meaning, her habits would have been different. If she would have taken it as a challenge, as her mother had intended, she would have done all the chores systematically in order to prove herself. But the meaning that she gave to the information took her into a negative and disempowering direction.

This is how simple incidents act as information and impacts the working of Ginnie - the active mind or Winnie - the inactive mind. Not only the information but the meaning given to that information too plays an important role in the working of these two types of mind.

*In reality, neither Ginnie nor Winnie is dominant at birth. But one of them becomes dominant with the information being fed and the meaning being given to that information.*

And the best part is that even if Winnie has been dominant in a person's mind for years, it can be changed. With some tools and techniques Ginnie can be made dominant and hence the person's productivity can be increased.

### **The scope of dominance**

Imagine Ginnie and Winnie as two balloons inside a ball. The size of ball doesn't change at all and two balloons are fit in the ball in such a way that if one is small, the other one grows big and occupies all the remaining space.

Here ball is the actual mind the size of which remains the same. Inside mind, there are two voices, or the two types which occupy entire space.

If Ginnie, the active mind is working less that means there is very low focus, low determination, low will power to do work and it has very low impact on the person's productivity and growth. In this case, Ginnie has occupied very little space in the mind therefore the remaining space is automatically occupied by Winnie – the lazy mind.

Since maximum space is occupied by Winnie, this person would mostly behave in a lethargic and inactive way.

If the laziness and inactiveness has to be reduced, the person must train Ginnie to work more. The more Ginnie would work, the more space it will acquire in the person's mind, and Winnie's effect will be minimized to a great extent.

But the question is, how to make Ginnie work more?

### **Activating Ginnie – the active mind**

Irrespective of the type of information being fed in one's mind, and the meaning being associated with that information, any person can make Ginnie put on work with full capacity. And when Ginnie starts working more, it occupies more space in the mind and automatically very less space remains available for Winnie to work to make the person lazy or inactive.

Do you recall the twin story in which the mother had started giving more attention to Winnie and she only kept feeding him with his favorite food?

Here the mother is you and probably you too spend more time with Winnie in your mind. And more importantly what does it mean to spend time with Winnie? What kind of food you are feeding to your mind on daily basis?

Winnie's food

The following thoughts and habits act as food for Winnie to grow more:

- Fear of failure / fear of rejection
- Past working pattern as a Procrastinator
- Self identity of being lazy and inactive in his own mind

- Seeing short term benefits and ignoring long term results
- Magnifying instant pain of doing work
- Asking low quality of questions and hence finding low quality answers

If you often notice two or more of these habits in yourself, this means Winnie is dominant in your mind. And this is the reason you don't take actions even when you know at the core of your heart that the action is very much desired.

In order to minimize Winnie's impact in your life, firstly, you must be aware of its habits. A simple awareness of these disempowering habits would make Winnie less effective. And secondly, you must start feeding Ginnie as much as you can.

The following thoughts and habits act as food for Ginnie to grow more:

- Having strong faith in own ability
- Expecting positive results and success
- Past working pattern as a Go-getter
- Having a role model who is self disciplined
- Self identity of being a determined and focused person
- Ability to see long term gains and taking actions with long term benefit in mind
- Not thinking about current pain and feeling excitement in all that is to be done
- Asking solution oriented questions and finding productive answers

By bringing these habits and thought pattern into awareness we can put Ginnie on work.

Remember, if more space is occupied by Ginnie in your mind, there would be very less space left for Winnie to bring its impact in your life.

Once Ginnie starts working, laziness, inactiveness and procrastination would be thrown away from your life automatically.

Today onwards be aware of your thoughts and habits. Whenever you find that your thoughts and habits are those of Winnie, immediately ask yourself these three questions and shift your focus to put Ginnie on work –

Ques 1. Do I want to move on the way of failure?

(Apparently the answer would be NO)

Ques 2. What must be done right now to make Ginnie put to work?

(Answer would be from the points mentioned above about Ginnie)

Just upon getting the answer, immediately act accordingly. By feeding Ginnie more, you will automatically become an active person, a Go – Getter and ultimately a successful person.

You will discover more techniques to make Ginnie work in the **‘Neuro Workcycle Bootcamp’**