

**7 Characteristics of Doing vs. Being Modes**

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| **Doing Mode** | **Being Mode** |
| Autopilot | Conscious Choice |
| Analyzing | Sensing |
| Striving | Accepting |
| Seeing Thoughts as Solid and Real | Treating Them as Mental Events |
| Avoidance | Approaching |
| Mental Time Travel | Staying in the Present Moment |
| Draining Activities | Nourishing Activities |