

## The Results of Different Tendencies in the Three Aspects of Attention

Tendency Regarding Aspect of Attention	Aspect of Attention, and Its Results		
	Holding onto Information	Updating Awareness	Seeking Stimulation
<b>High</b>	<ul style="list-style-type: none"> <li>• Obsessiveness</li> <li>• “over-focusing”</li> </ul>	<ul style="list-style-type: none"> <li>• Porous filters</li> <li>• Distractibility</li> <li>• Sensory overload</li> </ul>	<ul style="list-style-type: none"> <li>• Hyperactivity</li> <li>• Thrill seeking</li> </ul>
<b>Moderate</b>	<ul style="list-style-type: none"> <li>• Good concentration</li> <li>• Ability to divide attention</li> </ul>	<ul style="list-style-type: none"> <li>• Mental flexibility</li> <li>• Assimilation</li> <li>• Accommodation</li> </ul>	<ul style="list-style-type: none"> <li>• Enthusiasm</li> <li>• Adaptability</li> </ul>
<b>Low</b>	<ul style="list-style-type: none"> <li>• Concentration fatigue</li> <li>• Small working memory</li> </ul>	<ul style="list-style-type: none"> <li>• Fixed views</li> <li>• Obliviousness</li> <li>• Flat learning curve</li> </ul>	<ul style="list-style-type: none"> <li>• Stuckness</li> <li>• Apathy</li> <li>• Lethargy</li> </ul>

Source: Buddha's Brain, Rick Hanson & Richard Mendius, New Harbinger Publications, Oakland, CA. pg 181