



Five Tendencies of Mind

Mental states that tug at us, distract us, or make it difficult to concentrate

Desire

Daydreaming,
fantasizing

Restlessness

Ruminating,
fidgeting

Aversion

Pulling away from
sensation, self-
criticism

Dullness

Sleepiness, mental fog

Doubt

Distrust, indecision

Explore them with kindness and curiosity

Make the tendencies themselves objects of your awareness

Change the way you relate to them