# Your Cognitive Style

Your cognitive style refers to how you think, process information, and solve problems. It is about your thought patterns, problem-solving techniques, and how you interpret the world. This document outlines your detailed cognitive profile.

## Your Information Processing Style

Different humans process information in different ways – some focus on logical and structure, while others rely on intuition and emotions. Your primary processing style, the one that you use most every day, is ‘Analytical Thinking’. This means that when you make decisions, you first try to break information into logical steps, focusing on details and patterns. You have two secondary processing styles, Intuitive Thinking and Abstract Thinking. When you use Intuitive Thinking, you trust your gut instincts and see the big-picture connections. When you use Abstract Thinking, you think in hypothetical, conceptual, and futuristic terms. However, these two processing styles (Intuitive and Abstract), are always SECONDARY to your primary processing style, Analytical Thinking. You do not often use Concrete Thinking (focusing on real, factual, and immediate details), except when absolutely necessary,

1. Analytical Thinking (Primary Style): You break information into logical steps, focusing on the details and patterns).
2. Intuitive Thinking and Abstract Thinking (Secondary Styles): You trust your gut instincts and think in hypothetical and futuristic terms.

## Your Problem-Solving Approach

Everyone solves problems differently. Some prefer step-by-step logical, while others experiment and adapt. Your primary problem-solving style is Logical Problem-Solving. This means that you enjoy using a structured, step-by-step method to solve problems whenever you can. You have two secondary problem-solving styles, namely Creative Problem-Solving and Intuitive Leap. When you use creative problem solving, you use conventional, flexible solutions. When you use Intuitive Leap, you jump to conclusions based on experience. You do not use Trial-and-Error Learning often, but only when absolutely necessary. Trial-and-Error Learning involves experimenting with different approaches to see what works best.

1. Logical Problem-Solving (Primary Style): You use a structured, step-by-step method.
2. Creative Problem-Solving and Intuitive Leap (Secondary Styles): You use unconventional, flexible solutions, and sometimes jump to conclusions based on experience.

## How you Learn and Adapt

Like every other person, you absorb knowledge over time and adapt to new information. You learn from experience. You have two primary learning styles that you use most often, namely Experiential Learning (where you learn thought direct experiences), and Reflective Learning (where you analyse past mistakes for improvement). Your secondary learning style is Observational Learning, where you learn from others’ successes/ failures. You do not often use Rule-Based Learning, where you prefer struct guidelines and rules, except when absolutely necessary.

1. Experiential Learning and Reflective Learning (Primary Styles): You learn best through direct experiences and analysing past mistakes for improvement.
2. Observational Learning (Secondary Style): You learn from the successes/ failures of other people.

## Your Attention and Focus

In your daily life, you prefer giving your full attention to a single issue. However, in your customer service job, you sometimes juggle multiple concerns at once. Below are the different attention styles, which ones you prefer, and how each attention style works.

1. Deep Focus (Primary Style): You prefer to focus fully on one task at a time.
2. Multitasking (Secondary Style): You can juggle multiple things at once, but it is not ideal.
3. Reactive Attention (Least often used): You very seldomly get distracted by new stimuli.

## Your Mental Flexibility and Adaptability

Some humans stick to their original opinions, while others adjust easily to new perspectives. Your primary flexibility type is Cognitive Flexibility, which allows you to adapt your thinking when new information arises, Your secondary flexibility type is Compromise Thinking, where you blend opposing viewpoints to find balance, You hardly ever use Fixed Thinking, where you stick to original beliefs and resist change.

1. Cognitive Flexibility (Primary Flexibility Type): You adapt your thinking when new information arises.
2. Compromise Thinking (Secondary Flexibility Type): You blend opposing viewpoints to find balance.