

# Unit 3: The Five Hindrances - What Stops You From Clarity

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|----------------|---|
| ≡ Components   | <a href="#">Discussion Forum</a> <a href="#">Reading</a> <a href="#">Video</a><br><a href="#">Written Assignment</a>                                      |
| ≡ Duration     | 35 min  |
| ≡ Notes        | Shi Heng Yi framework: sensual desire, ill will, sloth/torpor, restlessness, doubt. Hindrance Inventory + Builder Type mapping (250+ words per hindrance) |
| ✓ SOU Evidence | <input checked="" type="checkbox"/>   |
| ⌚ Section      | <a href="#">Module 3</a>  |
| ⌘ Status       | Not Started   |
| ≡ Subsection   | Pattern Recognition   |