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| --- | --- | --- | --- |
| **Mode 1** | Mindful interoception\* | **Mode 6** | Theory of mind\* |
| **Mode 2** | Mindful perception of the outside world\* | **Mode 7** | Theory-theory |
| **Mode 3** | Mindful perception of the inner world of another, resonance / compassion | **Mode 8** | Empathising with one's own inner world through the emotional perspective of another / empathy |
| **Mode 4** | Cognitive self-perception\* | **Mode 9** | Empathising with an outwards focus through the emotional perspective of another / empathy\* |
| **Mode 5** | Cognitive perception of an object\* | **Mode 10** | Empathising with the inner world of another / empathy |

Table 1: Description of the 10 interpersonal mental modes of attention illustrated in figure 2. Note: \*These modes could be distinguished from each other electrophysiologically in a neurobiological study.