

## Multitasking Revealed

For this first image, you need to simply read the color of the X's, starting at the top of the left-hand column, reading down that column, and then reading the next column.

XXXX	XXXX
XXXX	XXXX
XXXX	XXXX
XXXX	XXXX
XXXX	XXXX
XXXX	XXXX
XXXX	XXXX
XXXX	XXXX
XXXX	XXXX
XXXX	XXXX
XXXX	XXXX

How was that? You should, of course, find this easy to do as you are only working on one thing, namely reading the color of the X's.

Ok, now turn the page and read the color of the letters (not the words). Again, read the left-hand column and then the right-hand column.

blue	yellow
red	yellow
blue	red
yellow	blue
gray	red
red	green
blue	blue
green	yellow
yellow	green
green	red

How was that? Did you notice how you were slower, and it was more frustrating? You were trying to read the color of the X's, but, of course, your brain insisted on trying to read the actual word (because it can, it will try to read the word), and now you are doing two things at once. This is an example of only multi-tasking on two tasks, just think how many you try to work on at once in a typical day!