The range of descriptions of sense-of-self extends from Object-referral to Self-referral predominant modes. The left column summarizes the phenomenological, first person reports. The right column summarizes the psychological (Consciousness Factor scores) and physiological (brain-based Integration Scale scores) correlates of the extremes of the proposed continuum.

**Object-Referral Mode**
Predominance of Cognitive and Behavioral Processes
“I like to forge my own way.”

**Self-Referral Mode**
Predominance of Self
“My self is immeasurably vast on a physical level.”

<table>
<thead>
<tr>
<th>Self-referral</th>
<th>Object-referral</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self identified with thoughts and actions</td>
<td>Self as director of thoughts and actions</td>
</tr>
<tr>
<td>Self is independent of thoughts and actions</td>
<td>Self is independent of thoughts and actions</td>
</tr>
</tbody>
</table>

**Consciousness Factor Scores**
- Lower moral reasoning
- Lower happiness
- Lower emotional stability
- Outer Orientation
- Higher anxiety

**Integration Scale Scores**
- Lower frontal EEG coherence
- Lower alpha/gamma power ratio
- Less efficient cortical preparatory response

**Consciousness Factor Scores**
- Higher moral reasoning
- Higher happiness
- Greater emotional stability
- Inner Orientation
- Lower anxiety

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- Higher frontal EEG coherence
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