

 you used more than one method at the same time, you used only one method at a time, but the method you chose was different from time to time, sometimes you used only one method, and sometimes you used more than one

1	you used more than one method at the same time
2	you used only one method at a time, but the method you chose was different from time to time
3	sometimes you used only one method, and sometimes you used more than one