## **VAK Learning Styles Self-Assessment Questionnaire**

Read all the statements and choose one that would best represent how you truly behave. Place the number '1' on the small box beside the statement.

Make sure to have a total of 30 once you are done with the test.

There are no wrong or right answers on this assessment, but it is important for you to be honest.

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their colours and now they look 1 the descriptions the sales-people give me 0 them 0  15. My first memory is of:    looking at something	14. I choose household furnishings because	I like:		ı				
looking at something 1 being spoken to 0 doing something 0  16. When I am anxious, I:  visualise the worst-case scenarios 0 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly 1	their colours and how they look	1	the descriptions the sales-people give me	0		0		
16. When I am anxious, I: visualise the worst-case scenarios  0 talk over in my head what worries me most ocnstantly  1 can't sit still, fiddle and move around constantly	15. My first memory is of:	1	1					
visualise the worst-case scenarios 0 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly 1	looking at something	1	being spoken to	0	doing something	0		
visualise the worst-case scenarios 0 talk over in my head what worries me most 0 constantly	16. When I am anxious, I:	i		i				
17. I feel especially connected to other people because of:	visualise the worst-case scenarios	0	talk over in my head what worries me most	0		1		
17. Free especially connected to other people because of.	17. I feel especially connected to other peop	ole because	e of:	l .				

				1					
how they look	0	what they say to me	0	how they make me feel	1				
18. When I have to prepare for an exam, I go	enerally:			1					
write lots of revision notes and diagrams	0	talk over my notes, alone or with other people	1	imagine making the movement or creating the formula	0				
19. If I am explaining to someone I tend to:									
show them what I mean	0	explain to them in different ways until they understand	0	encourage them to try and talk them through my idea as they do it	1				
20. I really love:		<u> </u>							
watching films, photography, looking at art or people watching	1	listening to music, the radio or talking to friends	0	taking part in sporting activities, eating fine foods and wines or dancing	0				
21. Most of my free time is spent:		T							
watching television	0	talking to friends	1	doing physical activity or making things	0				
22. When I first contact a new person, I usua	ally:		1						
arrange a face to face meeting	0	talk to them on the telephone	1	try to get together whilst doing something else, such as an activity or a meal	0				
23. I first notice how people:		<u> </u>							
look and dress	0	sound and speak	1	stand and move	0				
24. If I am angry, I tend to:									
keep replaying in my mind what it is that has upset me	1	raise my voice and tell people how I feel	0	stamp about, slam doors and physically demonstrate my anger	0				
25. I find it easiest to remember:									
faces	1	names	0	things I have done	0				
26. I think that you can tell if someone is lying	ng if:		1						
they avoid looking at you	1	their voices changes	0	they give me funny vibes	0				
27. When I meet an old friend:									
I say "it's great to see you!"	0	I say "it's great to hear from you!"	0	I give them a hug or a handshake	1				
28. I remember things best by:									
writing notes or keeping printed details	1	saying them aloud or repeating words and key points in my head	0	doing and practising the activity or imagining it being done	0				
29. If I have to complain about faulty goods,	, I am mos	t comfortable:	I	,					
writing a letter	0	complaining over the phone	0	taking the item back to the store or posting it to head office	1				
30. I tend to say:	30. I tend to say:								
I see what you mean	0	I hear what you are saying	0	I know how you feel	1				
	•	•							

Total:

Visual 12 Auditory 12 Kinesthetic 6