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.

Ryan Joshua D. Lastimoto 1. When I poerate new equipment I generally:	Name			Date		
each the instructions first					mber-2023	
each the instructions first	1 When Langrate new equipment Langral	h.e.				
read the instructions first or town line of the property of th	1. When I operate new equipment I general	iy.	listan to an audionation from a company who			
look at a map				1		0
3. When I cook a new dish, I like to: Call a friend for an explanation 0 follow my instincts, testing as I cook 0	2. When I need directions for travelling I us	ually:	T	I		
follow a written recipe 1 call a friend for an explanation 0 follow my instincts, testing as I cook 0 4. If I am teaching someone something new, I tend to: write instructions down for them 0 give them a verbal explanation 0 demonstrate first and then let them have a possible specified by the problem and the possible specified by the problem and how they look 1 call a friend for an explanation 0 give them a verbal explanation 0 give them a verbal explanation 0 demonstrate first and then let them have a possible specified by the problem and the let them have a possible specified by the problem and the possible specified by the problem and the setup specified by the problem and the possible specified by the problem and the possible specified by the problem and the possible specified by the problem and they find be precised by the problem and they find be precised by the problem and the possible specified by the problem and the possib	look at a map	1	ask for spoken directions	0	follow my nose and maybe use a compass	0
Alf I am teaching someone something new, I tend to: write instructions down for them 0 great where a verbal explanation 0 great first and then let them have a great first and then what it would be like to be there and the subject of brothers and the great first and then beat first and then have a great fi	3. When I cook a new dish, I like to:	T		1		
write instructions down for them 0 give them a verbal explanation 0 grow them and test them out 1 grow them and the verbal explanations from friends 1 grow that the teacher exactly what I'm supposed to do 1 grow grow and a lot, fiddle with pens and pencils in the substitution is my head or with 1 grow around a lot, fiddle with pens and pencils and touch things 1 grow around a lot, fiddle with pens and pencils and touch things 1 grow around a lot, fiddle with pens and pencils and touch things 1 grow around a lot, fiddle with p	follow a written recipe	1	call a friend for an explanation	0	follow my instincts, testing as I cook	0
write instructions down for them 0 give them a verbal explanation 0 go you have a go 0 5. Itend to say: watch how I do it 1 listen to me explain 0 you have a go 0 6. During my free time I most enjoy: going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 0 7. When I go shopping for clothes, I tend to: magine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1 8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 1 imagine what it would be like to be there 0 9. If I was buying a new car, I would: read reviews in newspapers and magazines 0 discuss what I need with my friends 1 test-drive lots of different types 0 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talk in through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: magine what the food will look like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 12. When I listen to a band, I can't help: watching what the food members and other 0 tistening to the lyrics and the beats 0 moving in time with the music 1 13. When I concentrate, I most often: focus on the words or the pictures in front 1 discuss the problem and the possible of my head or with 1 the descriptions the sales-people give me 0 their testures and what it feels like to touch them. 14. It has descriptions the sales-people give me 0 discuss and what it feels like to touch them. 15. My first memory is of: 16. When I am anxious, I: wisualise the worst-case scenarios 0 talk lover in my head what worries me most 1 can't sit still, fiddle and move around 2 occisionally 0 constantly	4. If I am teaching someone something new	, I tend to:				
watch how I do It 1 listen to me explain 0 you have a go 0 6. During my free time I most enjoy: going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 0 7. When I go shopping for clothes, I tend to: Imagine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1 8. When I am choosing a holiday I usually: Iread lots of brochures 0 listen to recommendations from friends 1 magine what it would be like to be there 0 9. If I was buying a new car, I would: If I was buying a new car, I would: If I was buying a new car, I would: If I was buying a new car, I would: If I was buying a new car, I would: If I was buying a new car, I would: If I was buying a new car, I would: If I was buying a new car, I would: If I was buying a new car, I would: If I was buying a new car, I would: If I was buying a new car, I would: If I was buying a new car, I would: If I was buying a new car, I would: If I was buying a new car, I would: If I was buying a new car, I would: If I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I was buying a new car, I would be like to be there I	write instructions down for them	0	give them a verbal explanation	0		1
So During my free time I most enjoy: going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 0 7. When I go shopping for clothes, I tend to: Imagine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1 8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 1 imagine what it would be like to be there 0 9. If I was buying a new car, I would: read reviews in newspapers and magazines 0 discuss what I need with my friends 1 test-drive lots of different types 0 talking through with the teacher exactly what I'm supposed to do 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: Imagine what the food will look like 0 talk through the options in my head or with my friends 1 imagine what the food will taste like 12. When I listen to a band, I can't help: watching the band members and other people in the audience 10 listening to the lyrics and the beats 11 mover around a lot, fiddle with pens and poff and the people in the audience 12. When I listen to a band, I can't help: watching the band members and other people in the audience 1 discuss the problem and the possible solutions in my head 14. I choose household furnishings because I like: their colours and how they look 1 the descriptions the sales-people give me 1 their colours and how they look 1 the descriptions the sales-people give me 1 doing something	5. I tend to say:					
going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 0.7. When I go shopping for clothes, I tend to: Imagine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1.3. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 1 imagine what it would be like to be there 0.9. HI was buying a new car, I would: read reviews in newspapers and magazines 0 discuss what I need with my friends 1 test-drive lots of different types 0.1. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talk intrough with the teacher exactly what I m supposed to do what I magine what the food will look like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the food will taste like 0 talk through the options in my head or with 1 imagine what the foo	watch how I do it	1	listen to me explain	0	you have a go	0
7. When I go shopping for clothes, I tend to: imagine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1 8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 1 imagine what it would be like to be there 0 9. If I was buying a new car, I would: read reviews in newspapers and magazines 0 discuss what I need with my friends 1 test-drive lots of different types 0 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talk in usually what I'm supposed to do 1 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with my partner 1 12. When I listen to a band, I can't help: watching the band members and other people in the audience 1 discuss the problem and the possible solutions in my head or with my head or with my partner 1 13. When I concentrate, I most often: focus on the words or the pictures in front 1 discuss the problem and the possible solutions in my head or with people in the audience 1 discuss the problem and the possible solutions in my head or with people in the audience 1 the properties of the pictures in front 1 discuss the problem and the possible solutions in my head or with people in the suddence 1 the problem and the possible solutions in my head or with people in the suddence 1 the problem and the possible solutions in my head or with people in the suddence 1 the problem and the possible solutions in my head or with people in the suddence 1 the problem and the possible solutions in my head or with people in the suddence 1 the problem and the possible solutions in my head or with people in the suddence 1 the problem and the possible solutions in my head or with people in the suddence 1 the problem and the possible people give me 1 their textures and what it feels like to touch 1 their textures and what it feels like to touch 1 their textures and what it feels like to touch 1	6. During my free time I most enjoy:	1	1		,	
imagine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 1 8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 1 imagine what it would be like to be there 0 9. If I was buying a new car, I would: read reviews in newspapers and magazines 0 discuss what I need with my friends 1 test-drive lots of different types 0 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talk in most comfortable: watching what the teacher is doing 0 talk through with the teacher exactly what I'm supposed to do 0 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with my partner 12. When I listen to a band, I can't help: watching the band members and other people in the audience 1 discuss the problem and the possible solutions in my head or with of me 2 discuss the problem and the possible solutions in my head or with people in the audience 1 discuss the problem and the possible solutions in my head or with people in the audience 1 discuss the problem and the possible solutions in my head or with people in the audience 1 discuss the problem and the possible solutions in my head or with people in the audience 1 discuss the problem and the possible solutions in my head or with people in the audience 1 discuss the problem and the possible solutions in my head or with people in the audience 1 discuss the problem and the possible people give me 0 their textures and what it feels like to touch them of move around a lot, fiddle with pens and pencils and touch things 1 their textures and what it feels like to touch them of them of the pencils and touch things 1 their textures and what it feels like to touch them 1 the discuss the pencils and touch things 1 their textures and what it feels like to touch them 1 the discuss the pencils and touch things 1 the descriptions the sales-people give me 1 their textures and wh	going to museums and galleries	0	listening to music and talking to my friends	1	playing sport or doing DIY	0
8. When I am choosing a holiday I usually: read lots of brochures 0 listen to recommendations from friends 1 limagine what it would be like to be there 0 9. If I was buying a new car, I would: read reviews in newspapers and magazines 0 discuss what I need with my friends 1 test-drive lots of different types 0 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 my partner 12. When I listen to a band, I can't help: watching the band members and other people in the audience 13. When I occentrate, I most often: focus on the words or the pictures in front of me 1 discuss the problem and the possible solutions in my head or with of me 14. It has descriptions the sales-people give me 15. My first memory is of: 11. It has descriptions the sales-people give me 15. When I statures and what it feels like to touch them 15. When I am anxious, I: 12. When I am anxious, I: 13. When I am anxious, I: 14. When I am anxious, I: 15. When I am anxious, I: 16. When I am anxious, I: 17. Can't sit still, fiddle and move around 0 constantly 0 constantly 0 constantly 0 constantly	7. When I go shopping for clothes, I tend to	!		l		
read lots of brochures 0 listen to recommendations from friends 1 imagine what it would be like to be there 0 9. If I was buying a new car, I would: read reviews in newspapers and magazines 0 discuss what I need with my friends 1 test-drive lots of different types 0 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 0 11. If I am choosing food off a menu, I tend to: Imagine what the food will look like 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 0 12. When I listen to a band, I can't help: watching the band members and other people in the audience 0 listening to the lyrics and the beats 0 moving in time with the music 1 13. When I concentrate, I most often: focus on the words or the pictures in front of me solutions in my head or with my partner 1 14. I choose household furnishings because I like: their colours and how they look 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch 0 15. My first memory is of: looking at something 0 being spoken to 0 doing something 1 16. When I am anxious, I: visualise the worst-case scenarios 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly	imagine what they would look like on	0	discuss them with the shop staff	0	try them on and test them out	1
9. If I was buying a new car, I would: read reviews in newspapers and magazines 0 discuss what I need with my friends 1 test-drive lots of different types 0 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talk through with the teacher exactly what I'm supposed to do wh	8. When I am choosing a holiday I usually:					
read reviews in newspapers and magazines 0 discuss what I need with my friends 1 test-drive lots of different types 0 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 1 11. If I am choosing food off a menu, I tend to: Imagine what the food will look like 0 talk through the options in my head or with my partner 1 12. When I listen to a band, I can't help: watching the band members and other people in the audience 0 to moving in time with the music 1 13. When I concentrate, I most offen: focus on the words or the pictures in front of me solutions in my head or with my head or with my head or with my head or with my partner 1 14. I choose household furnishings because I like: their colours and how they look 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 1 15. My first memory is of: 16. When I am anxious, I: visualise the worst-case scenarios 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 0	read lots of brochures	0	listen to recommendations from friends	1	imagine what it would be like to be there	0
10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talk in supposed to do 0 giving it a try myself and work it out as I go 1 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with my partner 0 talk through the options in my head or with my partner 0 talk through the options in my head or with my partner 0 talk through the options in my head or with my partner 0 talk through the options in my head or with my partner 0 talk through the options in my head or with my partner 0 talk through the options in my head or with my partner 0 talk through the options in my head or with my partner 0 talk through the options in my head 0 talk through the options in my head 0 talk through the options in my head 0 talk over in my head 0 talk over in my head or with the teacher exactly one to do not make the food will taste like 0 to talk over in my head 0 talk over in my head 0 talk over in my head 0 talk over in my head what worries me most 1 talk try myself and work it out as I go 2 talk over in my head or with 1 talk into the through the total through the total through the food will taste like 0 talk over in my head or with 1 talk into the food will taste like 0 talk over in my head what worries me most 1 talk through the food will taste like 1 talk into the possible on the moving in time with the music 1 talk through the food will taste like 0 talk over in my head what worries me most 1 talk through the food will taste like 1 talk into the possible on moving in time with the food will taste like 1 talk into the possible on moving in time with the music 1 talk through the food will taste like 1 talk into the possible on moving in time with the music 1 talk through the possible on moving in time with the music 1 talk through the food will taste like 1 talk into the possible on moving in time with the food will taste like 1 talk through the possible on moving in time with the music 1 talk through the poss	9. If I was buying a new car, I would:	ı		I		
watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 1 1. If I am choosing food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with my partner 1 imagine what the food will look like 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 0 moving in time with the music 1 imagine what the food will taste like 1 imagine what the food will taste like 0 moving in time with the music 1 imagine what the food will taste like 1 imagine what the food will taste like 0 moving in time with the music 1 imagine what the food will taste like 1 imagine what the food will taste like 0 moving in time with the music 1 imagine what the food will taste like 1 imagine what the food will taste like 0 moving in time with the music 1 imagine what it feels like 1 imagine what it feels with pens and 1 imagine what it feels like 1 imagine what it feels with pens and 2 imagine what it feels like 1 imagine what it feels like 1 imagine what it feels like 1 imagine what it feels with pens and 2 imagine what it feels like 1 imagine what it feels with pens and 2 imagine what it feels like 1 imagine what it feels with pens and 2 imagine what it feels with pens and 3 imagine what	read reviews in newspapers and magazines	0	discuss what I need with my friends	1	test-drive lots of different types	0
what I'm supposed to do listening food off a menu, I tend to: imagine what the food will look like 0 talk through the options in my head or with my partner 12. When I listen to a band, I can't help: watching the band members and other people in the audience 13. When I concentrate, I most often: focus on the words or the pictures in front of me 1 discuss the problem and the possible solutions in my head 14. I choose household furnishings because I like: their colours and how they look 1 the descriptions the sales-people give me 15. My first memory is of: 16. When I am anxious, I: visualise the worst-case scenarios 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 0 can't sit still, fiddle and move around constantly	10. When I am learning a new skill, I am mo	st comfort	able:	I		
imagine what the food will look like 0 talk through the options in my head or with my partner 1 imagine what the food will taste like 0 12. When I listen to a band, I can't help: watching the band members and other people in the audience 0 listening to the lyrics and the beats 0 moving in time with the music 1 13. When I concentrate, I most often: focus on the words or the pictures in front of me 1 discuss the problem and the possible solutions in my head 0 pencils and touch things 0 14. I choose household furnishings because I like: their colours and how they look 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 0 15. My first memory is of: looking at something 0 being spoken to 0 doing something 1 16. When I am anxious, I: visualise the worst-case scenarios 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 0	watching what the teacher is doing	0		0	giving it a try myself and work it out as I go	1
12. When I listen to a band, I can't help: watching the band members and other people in the audience 13. When I concentrate, I most often: focus on the words or the pictures in front of me 14. I choose household furnishings because I like: their colours and how they look 15. My first memory is of: looking at something 0 talk over in my head what worries me most 1 limagine what the food will taste like 0 my partner 1 magine what the food will taste like 0 moving in time with the music 1 the discuss the problem and the possible solutions in my head 0 move around a lot, fiddle with pens and pencils and touch things 0 their textures and what it feels like to touch them 0 doing something 1 can't sit still, fiddle and move around constantly 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly	11. If I am choosing food off a menu, I tend	to:		l		
watching the band members and other people in the audience 13. When I concentrate, I most often: focus on the words or the pictures in front of me 1 discuss the problem and the possible solutions in my head 1 the descriptions the sales-people give me 2 their textures and what it feels like to touch them 1 the descriptions the sales-people give me 2 their textures and what it feels like to touch them 3 the descriptions the sales-people give me 4 their textures and what it feels like to touch them 5 their textures and what it feels like to touch them 1 the descriptions the sales-people give me 1 their textures and what it feels like to touch them 2 their textures and what it feels like to touch them 3 their textures and what it feels like to touch them 4 their textures and what it feels like to touch them 5 their textures and what it feels like to touch them 5 their textures and what it feels like to touch them 6 their textures and what it feels like to touch them 7 their textures and what it feels like to touch them 8 their textures and what it feels like to touch them 9 their textures and what it feels like to touch them 1 can't sit still, fiddle and move around constantly	imagine what the food will look like	0		1	imagine what the food will taste like	0
people in the audience 0 listening to the lyrics and the beats 0 moving in time with the music 1 13. When I concentrate, I most often: focus on the words or the pictures in front of me 1 discuss the problem and the possible solutions in my head 0 move around a lot, fiddle with pens and pencils and touch things 0 14. I choose household furnishings because I like: their colours and how they look 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 0 15. My first memory is of: 16. When I am anxious, I: visualise the worst-case scenarios 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 0	12. When I listen to a band, I can't help:					
focus on the words or the pictures in front of me 1 discuss the problem and the possible solutions in my head 0 move around a lot, fiddle with pens and pencils and touch things 14. I choose household furnishings because I like: their colours and how they look 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 1. Manual of the descriptions the sales-people give me 1. Manual of their textures and what it feels like to touch them 1. Manual of the descriptions the sales-people give me 1. Manual of their textures and what it feels like to touch them 1. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sales-people give me 2. Manual of the descriptions the sales-people give me 3. Manual of the descriptions the sales-people give me 4. Manual of the descriptions the sales-people give me 4. Manual of the descriptions the sales-people give me 5. Manual of the descriptions the sales-people give me 6. Manual of the descriptions the sales-people give me 8. Manual of the descriptions the sales-people give me 9. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sales-people give me 1. Manual of the descriptions the sal	S	0	listening to the lyrics and the beats	0	moving in time with the music	1
of me solutions in my head o pencils and touch things o their textures and what it feels like to touch them o pencils and touch things o their textures and what it feels like to touch them o pencils and touch things o their textures and what it feels like to touch them o pencils and touch things o their textures and what it feels like to touch them o pencils and touch things o their textures and what it feels like to touch them o pencils and touch things o their textures and what it feels like to touch them o pencils and touch things o their textures and what it feels like to touch them o pencils and touch things o their textures and what it feels like to touch them o pencils and touch things o pencils and touch things of their textures and what it feels like to touch them o pencils and touch things of their textures and what it feels like to touch them o pencils and touch things of their textures and what it feels like to touch them of them of them of them of the pencils and touch things of their textures and what it feels like to touch them of	13. When I concentrate, I most often:					
their colours and how they look 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 0 15. My first memory is of: 1 looking at something 0 being spoken to 0 doing something 1 16. When I am anxious, I: 1 visualise the worst-case scenarios 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 0	-	1		0	·	0
their colours and now they look 1 the descriptions the sales-people give me 0 them 0 15. My first memory is of: 1 looking at something 0 being spoken to 0 doing something 1 16. When I am anxious, I: 1 visualise the worst-case scenarios 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 0	14. I choose household furnishings because	I like:	1			
looking at something 0 being spoken to 0 doing something 1 16. When I am anxious, I: visualise the worst-case scenarios 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 0	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 1 can't sit still, fiddle and move around constantly 0	15. My first memory is of:	1	1	<u> </u>		
visualise the worst-case scenarios 0 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 0	looking at something	0	being spoken to	0	doing something	1
visualise the worst-case scenarios 0 talk over in my head what worries me most 1 constantly 0	16. When I am anxious, I:		1			
17. I feel conscielly connected to other neptle because of:	visualise the worst-case scenarios	0	talk over in my head what worries me most	1		0
17. Free especially connected to other people because of:	17. I feel especially connected to other peop	ole becaus	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:								
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	1	encourage them to try and talk them through my idea as they do it	0				
20. I really love:		<u> </u>							
watching films, photography, looking at art or people watching	0	listening to music, the radio or talking to friends	1	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	0	doing physical activity or making things	1				
22. When I first contact a new person, I usually:									
arrange a face to face meeting	0	talk to them on the telephone	0	try to get together whilst doing something else, such as an activity or a meal	1				
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	0	names	0	things I have done	1				
26. I think that you can tell if someone is lying if:									
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	0	saying them aloud or repeating words and key points in my head	0	doing and practising the activity or imagining it being done	1				
29. If I have to complain about faulty goods, I am most comfortable:									
writing a letter	1	complaining over the phone	0	taking the item back to the store or posting it to head office	0				
30. I tend to say:	ı	T	ı						
I see what you mean	0	I hear what you are saying	0	I know how you feel	1				
	•	•		•					

Total:

Visual 8 Auditory 10 Kinesthetic 12