## **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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what I'm supposed to do  1 giving it a try myself and work it out as I go  1 what I'm supposed to do  1 giving it a try myself and work it out as I go  1 what I'm supposed to do  1 giving it a try myself and work it out as I go  1 what I'm supposed to do  1 talk through the options in my head or with my partner  1 magine what the food will look like  0 talk through the options in my head or with my partner  1 moving in time with the music  0 listening to the lyrics and the beats  1 moving in time with the music  0 discuss the problem and the possible solutions in my head  1 move around a lot, fiddle with pens and pencils and touch things  1 move around a lot, fiddle with pens and pencils and touch things  1 the descriptions the sales-people give me  1 their textures and what it feels like to touch them  1 their textures and what it feels like to touch them  1 touch them  1 touch them  1 touch them  1 talk over in my head what worries me most  1 talk over in my head what worries me most  1 talk over in my head what worries me most  1 talk over my notes, alone or with other people what the formula  1 talk over my notes, alone or with other people making the movement or creating the formula  1 talk over my notes, alone or with other people making the movement or creating the formula  1 talk over my notes, alone or with other people making the movement or creating the formula  1 talk over my notes, alone or with other people making the movement or creating the formula  1 talk over my notes, alone or with other people making the movement or creating the formula  1 talk over my notes, alone or with other people making the movement or creating the formula  1 talk over my notes, alone or with other people making the movement or creating the formula  1 talk over my notes, alone or with other people making the movement or creating the formula  1 talk over my notes, alone or with other people making the movement or creating the formula  1 talk over my notes, alone or with other people making the movement or creating the f	10. When I am learning a new skill, I am most comfortable:									
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	show them what I mean	0		0	- · · · · · · · · · · · · · · · · · · ·	1				

20. I really love:			1		
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:					
watching television	0	talking to friends	1	doing physical activity or making things	0
22. When I first contact a new person, I usu	ally:				
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:					
look and dress	0	sound and speak	1	stand and move	0
24. If I am angry, I tend to:	I				
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:	l.				
faces	1	names	0	things I have done	0
26. I think that you can tell if someone is lyi	ng 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!"	1	I say "it's great to hear from you!"	0	I give them a hug or a handshake	0
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 mos	t 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:					
I see what you mean	1	I hear what you are saying	0	I know how you feel	0
Total:					
Visual	10	Auditory	13	Kinesthetic	7
Visual	10	Additory	13	Killestiletic	