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.

Name	Date Taken
Zuriel Marie B. Locsin	06-May-25

Lister L						
2. When I need directions for travelling I usually: 2. When I need directions for travelling I usually: 3. When I cook a new dish, I like to: follow a written recipe 0 call a friend for an explanation 1 follow my instincts, testing as I cook 4. If I am teaching someone something new, I tend to: write instructions down for them 1 give them a verbal explanation 5. I tend to say: watch how I do it 0. Usisen to me explain 1 vou have a go 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 2. When I go shopping for clothes, I tend to: magine what they would look like on 3. When I am choosing a holiday I usually: read lots of brothures 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 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 11. If am the cosing food off a menu, I tend to: I talk through with the eacher exactly was what the sod will look like 1 test-drive lots of different types 11. When I listen to a band, I can't help: 12. When I listen to a band, I can't help: 13. When I concentrate, I most drie. 14. When I listen to a band, I can't help: 15. When I looke household furnishings because I like: their colours and how they look 1 the descriptions the sales-people give me 1 being spoken to 0 doing something	1. When I operate new equipment I generally	<i>/</i> :				
took at a map	read the instructions first	0	·	1		0
3. When I cook a new dish, I like to: follow a written recipe 0 call a friend for an explanation 1 follow my instincts, testing as I cook 4. If I am teaching someone something new, I tend to: write instructions down for them 1 give them a verbal explanation 0 demonstrate first and then let them have a go 5. I tend to say: watch how I do it 0 listen to me explain 1 you have a go 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 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 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 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 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 1 talking through with the teacher exactly what I'm supposed to do 1 talking through with the teacher exactly what I'm supposed to do 1 lingine what the food will look like 1 lingine what the food will taste like like 1 lingine what the food will taste like like like like like like like lik	2. When I need directions for travelling I usua	ally:		1		
follow a written recipe Call a friend for an explanation 1 follow my instincts, testing as I cook	look at a map	0	ask for spoken directions	1	follow my nose and maybe use a compass	0
4. If I am teaching someone something new, I tend to: write instructions down for them 1 give them a verbal explanation 0 demonstrate first and then let them have a go 5. I tend to say: watch how I do it 0 listen to me explain 1 you have a go 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 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 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 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 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 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 14. I choose household furnishings because I like: their colours and how they look 1 the descriptions the sales-people give me 14. I choose household furnishings because I like: their colours and how they look 1 their extures and what it feels like to touch them 15. My first memory is of: looking at something 1 being spoken to 0 doing something 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly	3. When I cook a new dish, I like to:					
write instructions down for them 1 give them a verbal explanation 0 demonstrate first and then let them have a go 5. I tend to say: watch how I do it 0 listen to me explain 1 you have a go 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 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 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 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 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 partner 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 people in the audience 0 listening to the lyrics and the beats 0 moving in time with the music people in the audience 1 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 15. My first memory is of: looking at something 1 being spoken to 0 doing something 16. When I am anxious, I: visualise the worst-case scenarios 1 talk over in my head what worries me most 0 can't sit still, I fiddle and move around constantly	follow a written recipe	0	call a friend for an explanation	1	follow my instincts, testing as I cook	0
write instructions down for them 1 give them a verbal explanation 0 go 5.1 tend to say: watch how I do it 0 listen to me explain 1 you have a go 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 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 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 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 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 that is a listen to be 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 trails through the options in my head or with my partner 12. When I listen to a band, I can't help: watching what the food will look like 0 listening to the lyrics and the beats 0 moving in time with the music 13. When I concentrate, I most often: 14. In move around a lot, fiddle with pens and pencils and touch things 15. In move around a lot, fiddle with pens and pencils and touch things 16. When I am naxious, I: wisualise the worst-case scenarios 1 talk lover in my head what worries me most 0 can't sit still, fiddle and move around constantly	4. If I am teaching someone something new,	I tend to:		ı		
watch how i do it 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 7. When I go shopping for clothes, I tend to: imagine what they would look like on 8. When I am choosing a holiday I usually: read lots of brochures 9. If I was buying a new car, I would: read reviews in newspapers and magazines 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 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 13. When I concentrate, I most often: focus on the words or the pictures in front of my 14. It had been the words of the pictures in front of my 15. My first memory is of: looking at something 1 being spoken to 0 doing something 1 talk lover in my head what worries me most 1 talk lover in my head what worries me most 0 can't sit still, fiddle and move around constantly	write instructions down for them	1	give them a verbal explanation	0		0
Boing to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 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 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 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 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 partner 12. When I listen to a band, I can't help: watching the band members and other people in the audience 1 listening to the lyrics and the beats 0 moving in time with the music people in the audience 1 listening to the lyrics and the possible of me concentrate, I most often: focus on the words or the pictures in front of me 1 the descriptions the sales-people give me 1 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 15. My first memory is of: 16. When I am anxious, I: visualise the worst-case scenarios 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly	5. I tend to say:		T	ı	T	
going to museums and galleries 0 listening to music and talking to my friends 1 playing sport or doing DIY 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 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 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 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talk if I alk in 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 partner 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 people in the audience 13. When I concentrate, I most often: focus on the words or the pictures in front of me of solutions in my head or with of my partner 14. I the descriptions the sales-people give me 15. My first memory is of: 15. My first memory is of: 15. My first memory is of: 16. When I am anxious, I: visualise the worst-case scenarios 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly	watch how I do it	0	listen to me explain	1	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 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 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 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 partner 12. When I listen to a band, I can't help: watching the band members and other people in the audience 1 listening to the lyrics and the beats 0 moving in time with the music people in the audience 1 discuss the problem and the possible solutions in my head or with focus on the words or the pictures in front of me solutions in my head the possible solutions in my head the problem and the possible solutions in my head to the free clours and how they look 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 1. It is the descriptions the sales-people give me 0 doing something 1 being spoken to 0 doing something 1. It talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly	6. During my free time I most enjoy:			ı		
imagine what they would look like on 0 discuss them with the shop staff 0 try them on and test them out 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 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 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 0 talk in much imagine what 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 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 0 discuss the problem and the possible solutions in my head or with my head or with my partner 1 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 15. My first memory is of: looking at something 1 being spoken to 0 doing something 16. When I am anxious, I: visualise the worst-case scenarios 1 talk over in my head what worries me most 0 constantly	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 9. If I was buying a new car, I would: read reviews in newspapers and magazines 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 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 menu. 14. It choose household furnishings because I like: their colours and how they look 1 the descriptions the sales-people give me 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 can't sit still, fiddle and move around constantly	7. When I go shopping for clothes, I tend to:			ı		
read lots of brochures 0 listen to recommendations from friends 1 imagine what it would be like to be there 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 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 partner 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 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 1 the descriptions the sales-people give me 0 their textures and what it feels like to touch them 15. My first memory is of: looking at something 1 being spoken to 0 doing something 16. When I am anxious, I: visualise the worst-case scenarios 1 talk over in my head what worries me most 0 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 1. test-drive lots of different types 10. When I am learning a new skill, I am most comfortable: watching what the teacher is doing 11. If I am choosing food off a menu, I tend to: imagine what the food will look like 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 1 the descriptions the sales-people give me 1 talk over in my head what worries me most 1 talk over in my head what worries me most 1 can't sit still, fiddle and move around constantly 1 can't sit still, fiddle and move around constantly	8. When I am choosing a holiday I usually:		T	1	I	
read reviews in newspapers and magazines 0 discuss what I need with my friends 1 test-drive lots of different types 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 partner 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 13. When I concentrate, I most often: focus on the words or the pictures in front of me of the listening to the lyrics and the possible solutions in my head or with my partner 0 discuss the problem and the possible solutions in my head 0 their textures and what it feels like to touch them 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 15. My first memory is of: looking at something 1 being spoken to 0 doing something 16. When I am anxious, I: visualise the worst-case scenarios 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly	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 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 partner 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 0 listening to the lyrics and the beats 0 moving in time with the music 13. When I concentrate, I most often: focus on the words or the pictures in front of me 0 discuss the problem and the possible solutions in my head 1 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 15. My first memory is of: looking at something 1 being spoken to 0 doing something 16. When I am anxious, I: visualise the worst-case scenarios 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly	9. If I was buying a new car, I would:		T	1	ı	
watching what the teacher is doing 0 talking through with the teacher exactly what I'm supposed to do 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 1 imagine what the food	read reviews in newspapers and magazines	0	discuss what I need with my friends	1	test-drive lots of different types	0
wat I'm supposed to do what I'm supposed to do what I'm supposed to do what I'm supposed to do 1 griving it a try myself and work it out as I go 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 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 1 the descriptions the sales-people give me 1 their textures and what it feels like to touch them 15. My first memory is of: looking at something 1 being spoken to 0 can't sit still, fiddle and move around constantly	10. When I am learning a new skill, I am mos	t comforta	able: T	ı	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 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 13. When I concentrate, I most often: focus on the words or the pictures in front of me 1 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 15. My first memory is of: looking at something 1 being spoken to 0 can't sit still, fiddle and move around constantly	watching what the teacher is doing	0		1	giving it a try myself and work it out as I go	0
Integrate what the food will look like 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 1 wisualise the worst-case scenarios 1 talk over in my head what worries me most 1 move around a lot, fiddle with pens and pencils and touch things 1 their textures and what it feels like to touch them 1 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	0:	T	I	ı	
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 move around a lot, fiddle with pens and pencils and touch things 14. I choose household furnishings because I like: 1 the descriptions the sales-people give me 1 the descriptions the sales-people give me 1 the discuss the problem and the possible of the pictures in front of me 1 the descriptions the sales-people give me 1 the descriptions the sales-people give me 1 the discussion of the picture in my head what worries me most of the move around a lot, fiddle with pens and pencils and touch things 1 talk over in my head what worries me most of the move around constantly		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 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 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 15. My first memory is of: looking at something 1 being spoken to 0 doing something 16. When I am anxious, I: visualise the worst-case scenarios 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly			T	I	ı	
focus on the words or the pictures in front of me 1 discuss the problem and the possible solutions in my head 1 move around a lot, fiddle with pens and pencils and touch things 14. I choose household furnishings because I like: 1 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 15. My first memory is of: 1 being spoken to 0 doing something 16. When I am anxious, I: 1 visualise the worst-case scenarios 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly	people in the audience	0	listening to the lyrics and the beats	0	moving in time with the music	1
of me	·		T	I		
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 15. My first memory is of: looking at something 1 being spoken to 0 doing something 16. When I am anxious, I: visualise the worst-case scenarios 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly	of me			1		0
their colours and how they look 1 the descriptions the sales-people give me 0 them 15. My first memory is of: 1 being spoken to 0 doing something 1 being spoken to 0 doing something 16. When I am anxious, I: 1 visualise the worst-case scenarios 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly	14. I choose household furnishings because I	like:				
looking at something 1 being spoken to 0 doing something 16. When I am anxious, I: visualise the worst-case scenarios 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly	,	1	the descriptions the sales-people give me	0		0
16. When I am anxious, I: visualise the worst-case scenarios 1 talk over in my head what worries me most o can't sit still, fiddle and move around constantly	15. My first memory is of:		Ī	I	I	
visualise the worst-case scenarios 1 talk over in my head what worries me most 0 can't sit still, fiddle and move around constantly	0	1	being spoken to	0	doing something	0
visualise the worst-case scenarios 1 talk over in my head what worries me most 0 constantly	16. When I am anxious, I:		T			
17. I feel especially connected to other people because of:			· ·	0	1	0
	17. I feel especially connected to other peopl	e because	of:		<u> </u>	
	,		what they say to me	0	how they make me feel	1
18. When I have to prepare for an exam, I generally:	18. When I have to prepare for an exam, I ge	nerally:	Ι			
people the formula		0	•	1		0
19. If I am explaining to someone I tend to:	19. If I am explaining to someone I tend to:					
understand through my idea as they do it		0		1		0
20. I really love:	20. I really love:					

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	1	talking to friends	0	doing physical activity or making things	0			
22. When I first contact a new person, I usually:								
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:								
look and dress	1	sound and speak	0	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 lyin	g if:							
they avoid looking at you	0	their voices changes	0	they give me funny vibes	1			
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:	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 most comfortable:								
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:								
I see what you mean	0	I hear what you are saying	0	I know how you feel	1			

Visual 10 Auditory 14 Kinesthetic 6

Total: