

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   |   |  |   |
|--|---|--|---|--|---|
| Gwyneth Eran   |   | 02-Feb-26  |   |  |   |
| <b>1. When I operate new equipment I generally:</b>                |   |  |   |  |   |
| read the instructions first  | 1 | listen to an explanation from someone who has used it before     | 0 | go ahead and have a go, I can figure it out as I use it          | 0 |
| <b>2. When I need directions for travelling I usually:</b>         |   |  |   |  |   |
| look at a map  | 1 | ask for spoken directions  | 0 | follow my nose and maybe use a compass                           | 0 |
| <b>3. When I cook a new dish, I like to:</b>                       |   |  |   |  |   |
| follow a written recipe  | 1 | call a friend for an explanation                                 | 0 | follow my instincts, testing as I cook                           | 0 |
| <b>4. If I am teaching someone something new, I tend to:</b>       |   |  |   |  |   |
| write instructions down for them                                   | 0 | give them a verbal explanation                                   | 0 | demonstrate first and then let them have a go                    | 1 |
| <b>5. I tend to say:</b>   |   |  |   |  |   |
| watch how I do it  | 1 | listen to me explain   | 0 | you have a go  | 0 |
| <b>6. During my free time I most enjoy:</b>                        |   |  |   |  |   |
| going to museums and galleries                                     | 0 | listening to music and talking to my friends                     | 1 | playing sport or doing DIY                                       | 0 |
| <b>7. When I go shopping for clothes, I tend to:</b>               |   |  |   |  |   |
| imagine what they would look like on                               | 0 | discuss them with the shop staff                                 | 0 | try them on and test them out                                    | 1 |
| <b>8. When I am choosing a holiday I usually:</b>                  |   |  |   |  |   |
| read lots of brochures   | 1 | listen to recommendations from friends                           | 0 | imagine what it would be like to be there                        | 0 |
| <b>9. If I was buying a new car, I would:</b>                      |   |  |   |  |   |
| read reviews in newspapers and magazines                           | 0 | discuss what I need with my friends                              | 0 | test-drive lots of different types                               | 1 |
| <b>10. When I am learning a new skill, I am most comfortable:</b>  |   |  |   |  |   |
| watching what the teacher is doing                                 | 0 | talking through with the teacher exactly what I'm supposed to do | 0 | giving it a try myself and work it out as I go                   | 1 |
| <b>11. If I am choosing food off a menu, I tend to:</b>            |   |  |   |  |   |
| 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 |
| <b>12. When I listen to a band, I can't help:</b>                  |   |  |   |  |   |
| 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                                    | 0 |
| <b>13. When I concentrate, I most often:</b>                       |   |  |   |  |   |
| 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 |
| <b>14. I choose household furnishings because I like:</b>          |   |  |   |  |   |
| their colours and how they look                                    | 0 | the descriptions the sales-people give me                        | 0 | their textures and what it feels like to touch them              | 1 |
| <b>15. My first memory is of:</b>                                  |   |  |   |  |   |
| looking at something   | 0 | being spoken to  | 1 | doing something  | 0 |
| <b>16. When I am anxious, I:</b>                                   |   |  |   |  |   |
| 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 |
| <b>17. I feel especially connected to other people because of:</b> |   |  |   |  |   |
| how they look  | 0 | what they say to me  | 0 | how they make me feel  | 1 |
| <b>18. When I have to prepare for an exam, I generally:</b>        |   |  |   |  |   |
| write lots of revision notes and diagrams                          | 1 | talk over my notes, alone or with other people                   | 0 | imagine making the movement or creating the formula              | 0 |

|   |   |  |   |  |   |
|---|---|--|---|--|---|
| <b>19. If I am explaining to someone I tend to:</b>                         |   |  |   |  |   |
| 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 |
| <b>20. I really love:</b>   |   |  |   |  |   |
| 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 |
| <b>21. Most of my free time is spent:</b>                                   |   |  |   |  |   |
| watching television   | 0 | talking to friends   | 0 | doing physical activity or making things                                       | 1 |
| <b>22. When I first contact a new person, I usually:</b>                    |   |  |   |  |   |
| arrange a face to face meeting  | 1 | talk to them on the telephone                                  | 0 | try to get together whilst doing something else, such as an activity or a meal | 0 |
| <b>23. I first notice how people:</b>                                       |   |  |   |  |   |
| look and dress  | 0 | sound and speak  | 1 | stand and move   | 0 |
| <b>24. If I am angry, I tend to:</b>  |   |  |   |  |   |
| 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 |
| <b>25. I find it easiest to remember:</b>                                   |   |  |   |  |   |
| faces   | 0 | names  | 0 | things I have done   | 1 |
| <b>26. I think that you can tell if someone is lying if:</b>                |   |  |   |  |   |
| they avoid looking at you   | 1 | their voices changes   | 0 | they give me funny vibes   | 0 |
| <b>27. When I meet an old friend:</b>                                       |   |  |   |  |   |
| 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 |
| <b>28. I remember things best by:</b>                                       |   |  |   |  |   |
| 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 |
| <b>29. If I have to complain about faulty goods, I am most comfortable:</b> |   |  |   |  |   |
| writing a letter  | 0 | complaining over the phone                                     | 0 | taking the item back to the store or posting it to head office                 | 1 |
| <b>30. I tend to say:</b>   |   |  |   |  |   |
| I see what you mean   | 0 | I hear what you are saying                                     | 0 | I know how you feel  | 1 |
| <b>Total:</b>   |   |  |   |  |   |
| <b>Visual 13</b>  |   | <b>Auditory 6</b>  |   | <b>Kinesthetic 11</b>  |   |