

VAK SENSES

Have a go at this short test to see if you are more Visual, Auditory or Kinaesthetic in how you learn and experience the world.

We are usually a good mixture of all 3 but we may use one more than the others.

Count if you mostly get A's, B's or C's then check the back page for the results...

QUESTIONS

1. I prefer doing the below:

- a. Watching a film / TV series, reading a book or magazine
- b. Listening to music / podcasts / audio books
- c. Going to the gym / dancing / exercise / Yoga

2. I prefer to learn by:

- a. Watching a demonstration, how to video, pictures of a process
- b. Listening to a lecture / podcast / set of instructions read out loud
- c. Practically having a go myself

3. When I go to a concert, gig or performance I mostly enjoy:
 - a. Watching what everyone is doing, the costumes and visual affects
 - b. Listening to the music, lyrics, words or talks
 - c. Dancing, movement and feeling the atmosphere

4. If I feel uncomfortable, sad or anxious I react by:
 - a. Imagining or picturing the worst case scenario
 - b. Natively talking to myself
 - c. Feel the need to move, fidget, not able to stay still

5. When I meet or bump into people the first thing I notice is:
 - a. What they are wearing and how they look
 - b. How they speak/sound, the words they use
 - c. How they hold themselves, stand, what they are doing, or how they make me feel

6. When I am thinking / remembering someone I tend to:
 - a. Think of their image / face / picture them
 - b. Think of their name or something they usually say
 - c. Think of what they do / how they make me feel

7. When I want to express I have understood what someone is saying I say:
 - a. I see what you mean
 - b. I hear you
 - c. I know how you feel

8. When I am explaining something to someone I will:

- a. Draw a picture / find an image to show what I mean
- b. Keep rewording/rephrasing what I say until they understand
- c. Use gestures or physically show/ re-enact what I mean

9. When I am thinking back to past events I

- a. See images or videos of the past event
- b. Remember what people have said, or certain sounds that stand out
- c. Remember doing something, how it made me feel

10. When I have a strong negative emotion like anger or frustration:

- a. Relaying the situation over in my mind
- b. Talking about the situation in my mind or out loud over and over
- c. Do something physical like pace, walk away or slam a door

Go back over all your answers and note how many A's, B's and C's you have, then head to the next page to find out more .

ANSWERS

You may find you have a mixture of all three or one might stand out more than the others, take a look at the explanations below for the ones that apply to you the most.

This is a small quiz to give you a rough idea and has not been scientifically tested or proven.

MOSTLY A'S = VISUAL

You tend to learn and see things more visually, you see pictures and videos, look at body language and facial expressions.

You may prefer to learn with diagrams, charts and watching demonstrations.

Use your imagination to help you make changes and support your wellbeing. Try guided meditations, colour therapy and visualisation for example.

MOSTLY B'S = AUDITORY

You tend to learn by hearing things, listening to sound pitch, audios, podcasts and recordings, listening and discussing topics.

You may prefer to learn through talking, listening to lectures, reading out loud or recording your notes to listen back to.

Use this skill of listening to help make change and support your wellbeing. Try sound baths, recording your own affirmations for example.

MOSTLY C'S = KINESTHETIC

You tend to learn by doing, physically having a go yourself, learn from the world around you, imitate what to do and practice, practice, practice.

You may prefer role playing or physically walking through a process, use all your senses to get a real feel for a situation.

Use touch and feelings to really support your wellbeing. Try tapping, walking meditations or practices like yoga or pilates.

Now check out our social media pages to see lots of ideas on how you can use your senses to support your wellbeing and exercises you can do to expand your senses in different ways.

📞 07306334692

✉ info@tayloredtransformations.co.uk

🌐 www.tayloredtransformations.co.uk



TAYLORED
Transformations

Well Being Practitioner

Amanda Taylor
DIP HYP



You can contact us on the below:



www.tayloredtransformations.co.uk



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