



Which Perception Type Are You?

When you... How do you do it, what do you do?

When you...	Visual	Auditory	Kinesthetic
formulate a word....	<input type="radio"/> Do you visualize. (does it look right?)	<input type="radio"/> Do you pronounce (does it sound right?)?	<input type="radio"/> Do you write down (does it feel right?)
concentrate....	<input type="radio"/> Are you easily distracted by clutter.	<input type="radio"/> Are you easily distracted by noise?	<input type="radio"/> Are you easily distracted by external things?
choose an art form....	<input type="radio"/> Painting / drawing.	<input type="radio"/> Singing / music.	<input type="radio"/> Dancing / arts and crafts.
think about your last vacation....	<input type="radio"/> Do you remember places, things, pictures.	<input type="radio"/> Do you remember sounds, conversations?	<input type="radio"/> Do you remember feelings and activities.
talk....	<input type="radio"/> Do you talk quickly, like to use figurative expressions.	<input type="radio"/> Do you concentrated and emphasize words accurately?	<input type="radio"/> Do you talk slowly, use your hands and talk about feelings.
meet people....	<input type="radio"/> Do you mostly remember their faces or appearance.	<input type="radio"/> Do you often remember things they have said?	<input type="radio"/> Do you remember shared activity or their feelings.
watch a movie or read a book....	<input type="radio"/> Do you often remember what scenes or people looked like.	<input type="radio"/> Do you mostly remember what was said or music.	<input type="radio"/> Do you tend to remember the feelings of the performers.
interpret someone's mood....	<input type="radio"/> Do you observe the face and expression.	<input type="radio"/> Do you listen to what is being said.	<input type="radio"/> Do you pay attention to body language.
remember....	<input type="radio"/> Do you remember what you have seen, what something or people look like.	<input type="radio"/> Do you often remember what was said, what sounds/noise you heard.	<input type="radio"/> Do you often remember what was done, how something felt.
try to remember / internalize something....	<input type="radio"/> Do you remember things well when you write them down.	<input type="radio"/> Do you remember things well when you say them.	<input type="radio"/> Do you remember things well when you do them practically.
are angry....	<input type="radio"/> Do you become calm, but are bubbling inside.	<input type="radio"/> Do you express your anger in an outburst.	<input type="radio"/> Do you throw a tantrum, throw things around.
are inactive....	<input type="radio"/> Do you look around, contemplate or doodle.	<input type="radio"/> Do you talk to yourself or to others.	<input type="radio"/> Do you get fidgety or restless and run around.
express yourself....	<input type="radio"/> Do you use statements like: "That looks good." "I can see that..." "I see it that way too."	<input type="radio"/> Do you use statements like: "That sounds good." "This rings a bell..." "This tells me that..."	<input type="radio"/> Do you use statements like: "This feels good." "I have the feeling..." "I've got it under control."
learn something....	<input type="radio"/> Do you prefer to read, see words, sketches or illustrations.	<input type="radio"/> Do you prefer oral explanations, lectures, talking about it?	<input type="radio"/> Do you prefer activity, trying things out, taking notes.
assemble something...	<input type="radio"/> Do you first read instructions for use, look at drawings.	<input type="radio"/> Do you like to have it explained to you, talk to yourself.	<input type="radio"/> Try things out right away, take the initiative.

Sum



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