



VAK Preference Test Instructions

This visual, auditory or kinesthetic (VAK) preference test will show you which sense or senses you use the most.

- 1. Least descriptive of you**
- 2. Next best description**
- 3. Next best description**
- 4. Best description of you**

If you have trouble deciding between two phrases, go with the first thought that comes to mind.

1. When vacationing at the beach, the first that makes me glad to be there is:

- A. The feel of the cool sand, the warm sun or the fresh breeze on my face.
- B. The roar of the waves, the whistling wind, or the sound of birds in the distance.
- C. This is the type of vacation that makes sense, or the cost is reasonable
- D. The scenery, the bright sun, and the blue water

2. When I feel overwhelmed, I find it helps if

- A. I can see the big picture
- B. I can talk or listen to another person.
- C. I can get in touch with what is happening.
- D. I make sense of things in my head.

3. When given an assignment at work, it is easier to carry out if:

- A. I can picture what is required.
- B. I have a feeling for what is required.
- C. I have an understanding of what is required.
- D. Someone talks to me about what is required.

4. I find it easier to follow a presentation if

- A. I feel in touch with the presenter and the material is within my grasp.
- B. There is a visual story so that I can visualise the concepts.
- C. The presentation is based on facts and figures and is logically presented.
- D. The presenter speaks clearly with varying tonality or uses sound to emphasise the message.

5. When buying a car, I make my decision on

- A. The purchase price, fuel mileage, safety features, etc.
- B. How comfortable the seats are or the feeling I get when I test drive it.
- C. The colour, styling.
- D. The sound of the engine or stereo system or how quiet it drives

6. I communicate my thoughts through

- A. My tone of my voice.
- B. My words.
- C. My appearance.
- D. My feelings

7. When I am anxious, the first thing that happens is.

- A. Things begin to sound different.
- B. Things begin to feel different.
- C. Things begin to look different.
- D. Things begin to not make sense.

8. During a discussion, I am most influenced by:

- A. The other person's logic
- B. The other person's tone of voice.
- C. The energy I feel from the other person
- D. Seeing the other person's body language or being able to picture the other person's viewpoint.

9. I assess how well I am doing at work based on:

- A. My understanding of what needs to be done.
- B. How I see myself making progress.
- C. The tone of voice used by my colleagues and superiors.
- D. How satisfied I feel.

10. One of my strengths is my ability to:

- A. See what needs to be done.
- B. Make sense of new facts and data.
- C. Hear what sounds right.
- D. Get in touch with my feelings.

11. It is easiest for me to

- A. Select the volume, bass and treble for easy listening on a stereo system.
- B. Select the intellectually relevant in a conversation.
- C. Select comfortable furniture.
- D. Select rich, attractive colour combinations.

12. If you agree with someone, are you more likely to say:

- A. That feels right.
- B. That looks right.
- C. That sounds right.
- D. That makes sense.

Question Number	Visual	Auditory	Kinaesthetic	Auditory Digital
Total				
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Step one: For each question on the previous 2 pages, note your answers in the box with the appropriate letter. For example, if you gave Q1) D 4 points, you would write 4 where the D is on Q1 (visual). Repeat for EVERY answer.

Step Two: Add the numbers associated with each Representational System

Step Three: The comparison of the total scores in each column will give the relative preference for each of the 4 major Representational Systems.