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VAK Quiz

Answer the following questions as quickly as possible then check the answer grid to find out which representational system you prefer – visual, auditory or kinaesthetic (physical).

1. When you think of an elephant you first…

A) Hear the elephant trumpeting loudly.
B) Remember how elephants look: large, grey, big ears, trunk, etc.
C) Imagine how heavy an elephant is or perhaps what it's like to touch one.

2. When you remember your favourite teacher you initially…

A) Imagine her/his face and mannerisms.
B) Get a feeling or sensation that you associate with her/him.
C) Recall her/his voice and what s/he said to you

3. When you go to the cinema you are more likely than some of your friends to …

A) Revel in the images and design aspects of the movie, perhaps especially noticing costume or scenery.
B) Get engrossed in the dialogue and music, perhaps later recalling key phrases or theme tunes easily.
C) Cry, shiver, laugh and jump out of your seat at appropriate times, perhaps finding these sensations arise when you discuss the movie later.

4. When you imagine yourself as a tree you are most likely to…

A) See the shape and type of tree you are, and notice the colour and shape of your leaves.
B) Feel the wind in your branches, the earth around your feet and the reach of your branches.
C) Hear the rustling of your leaves and the busy hum of insect and bird life in your branches.

5. When you feel really happy your first instinct is to want to…

A) Jump for joy.
B) Sing or shout out loud.
C) Take a mental snapshot of the moment.

6. When a friend or family member expresses under-confidence you are inclined to think…

A) They need a hug.
B) They need someone to tell them something positive.
C) They need someone to show them how great they are.

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7. When you attend a “classroom” based training session you tend to …

A) Concentrate most on what’s being said in the discussion or presentation sessions.
B) Focus on the visual learning materials (the projector images, illustrated handouts or posters on the walls for example).
C) Fidget and want to get on with trying out the things the Trainer refers to.

8. When you speak about something important you tend to talk…

A) Rapidly, sometimes raising your voice or “drawing” with your hands whatever you are seeking to explain.
B) Rhythmically and precisely, with careful consideration of pronunciation and the meaning of what you are saying.
C) Concisely, with the addition of strong gestures and expressive facial expressions.

9. When you are able to choose, you prefer to work …

A) In an active role, at the very least working with your hands (for example: gardener, nurse, mechanic, builder, physiotherapist, athlete, dancer, vet, soldier.)
B) In a setting that requires close attention to words or music (for example: publican, librarian, author, salesperson, actor, musician, psychotherapist, journalist, singer.)
C) In a job that requires consideration of visual aesthetics or design (for example: sculptor, film maker, graphic artist, florist, beautician, photographer, architect.)

10. When you imagine being on a great holiday in the Caribbean, do you …

A) See how bright and beautiful everything is, noticing, for example, the size of the local flowers or the colours of the fabrics on sale at the market.
B) Hear the sound of the sea, the whisper of the breeze and the local music that you’ll be humming to yourself on the flight home.
C) Feel the sun against your skin and the warm sand between your toes, knowing you can’t wait to try out all the activities on offer.

11. When a friend asks for help with decorating his kitchen you’re likely to …

A) Ask him when he needs you, then get over there and get stuck in with the painting and papering at the required time.
B) Ask him when he needs you, then enquire about the colour scheme and design plans, imagining how it will all look as he responds to you.
C) Ask him when he needs you, then draw him into a detailed conversation about the proposed changes.

12. When attending a lecture by someone you admire you tend to …

A) Listen intently, possibly sitting with your head cocked or turned to one side, seeking to engage with every phrase and comment.
B) Watch the person closely, concentrating intently on the speaker’s every movement, facial expression and gesture.
C) Fidget with enthusiasm, finding yourself moving about in response to the feelings the speaker raises in you.

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VAK Quiz Answer Key

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

Note

This quiz is for fun only. It is in no way scientific or fail-safe.
Consider your results with humour and a goodly measure of disrespect!

If you are still finding it difficult to identify your primary representational system you can confirm or deny the results of this quiz by doing the following

- being patient and paying attention to your own behaviour
- noting your language and the common phrases you use
- asking someone you trust for their opinion.

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