**Questionnaire to Identify Internal Representational Systems (VAKOG + Auditory Digital)**

- AP20110010029 Nikitha Paleti

1. When learning something new, what approach do you prefer most?

• V: Watching a demonstration or looking at diagrams.

• A: Listening to explanations or instructions.

• K: Trying it out hands-on.

• O: Smelling the environment associated with the task.

• G: Tasting or sampling something related to it.

• Ad: Understanding the theory or step-by-step logic.

2. How do you recall a happy memory most vividly?

• V: Seeing the image clearly in your mind.

• A: Hearing the sounds or conversations from the event.

• K: Feeling the emotions or sensations you experienced.

• O: Smelling something that reminds you of the event.

• G: Recalling the taste of something from that moment.

• Ad: Thinking about the sequence of events logically.

3. When planning a vacation, what excites you the most?

• V: Looking at pictures of the destination.

• A: Hearing about it from others or listening to travel guides.

• K: Imagining how it will feel to be there.

• O: Smelling the scents unique to the location.

• G: Tasting the local cuisine.

• Ad: Researching and organizing an itinerary.

4. How do you best process instructions or directions?

• V: Seeing a map or visual guide.

• A: Hearing someone explain the steps.

• K: Moving around and exploring as you figure it out.

• O: Picking up subtle environmental smells to orient yourself.

• G: Noticing taste cues in the area (e.g., familiar flavors).

• Ad: Reading the step-by-step details.

5. How do you express your feelings to others?

• V: Through facial expressions or gestures.

• A: By talking it out and explaining.

• K: By hugging or other physical expressions.

• O: Associating it with smells that reflect your mood.

• G: Sharing food or flavors that connect with the feeling

• Ad: Through rational explanations and logic.

6. When choosing a restaurant, what influences your decision most?

• V: Photos of the dishes or the restaurant ambiance.

• A: Recommendations or reviews you’ve heard.

• K: How comfortable or welcoming the place feels.

• O: The aroma from the food or environment.

• G: The specific flavors or specialties they serve.

• Ad: The menu details or how organized the service is.

7. What helps you relax after a stressful day?

• V: Watching a calming scene or video.

• A: Listening to soothing music or sounds.

• K: Engaging in a physical activity like yoga or a warm bath.

• O: Smelling a calming scent like lavender.

• G: Savoring a comfort food or drink.

• Ad: Thinking things through logically to resolve the stress.

8. How do you celebrate an achievement?

• V: Capturing the moment with pictures or decorations.

• A: Sharing the news with others verbally.

• K: Feeling a sense of physical excitement or energy.

• O: Smelling celebratory scents like flowers or candles.

• G: Enjoying a special meal or dessert.

• Ad: Reflecting on how it was accomplished.

9. What makes a place feel like home to you?

• V: Familiar visuals, such as photos or decor.

• A: The familiar sounds of the space.

• K: The cozy or comforting sensations you feel there.

• O: The smells associated with home (e.g., cooking or candles).

• G: The tastes you associate with being home.

• Ad: Knowing it’s organized and functions as you like.

10. When meeting someone new, what do you notice first?

• V: Their appearance or how they present themselves visually.

• A: Their voice or how they speak.

• K: The handshake or physical energy they convey.

• O: Their personal scent or fragrance.

• G: Any connection to taste (e.g., sharing a meal).

• Ad: What they say and how it aligns with logic.

11. When shopping for something important, what guides your choice?

• V: The product’s appearance or design.

• A: Hearing recommendations or reviews about it.

• K: How it feels when you hold or try it.

• O: The smell of the product or store.

• G: Sampling or imagining the taste (if applicable).

• Ad: Comparing features and specifications logically.

12. How do you prepare for an important meeting or event?

• V: Visualizing how it will unfold.

• A: Rehearsing what you’ll say out loud.

• K: Focusing on how it will feel when you’re there.

• O: Choosing scents or perfumes that make you feel confident.

• G: Eating or drinking something that boosts your energy.

• Ad: Planning the steps and organizing everything.

13. When solving a complex problem, what’s your natural approach?

• V: Drawing diagrams or imagining the solution visually.

• A: Talking it through with someone or out loud.

• K: Testing things out physically or practically.

• O: Paying attention to any environmental smells that influence clarity.

• G: Taking a break with food or drink to clear your mind.

• Ad: Breaking it down into logical steps and analyzing.

14. What excites you most about a new experience?

• V: Seeing new places, things, or colors.

• A: Hearing new sounds or conversations.

• K: Feeling the excitement physically or emotionally.

• O: Experiencing the smells of the new environment.

• G: Tasting new foods or flavors associated with it.

• Ad: Understanding what makes it unique and meaningful.

15. How do you best remember people you meet?

• V: By recalling their face or appearance.

• A: By remembering their voice or what they said.

• K: By recalling a handshake, hug, or other physical interaction.

• O: By associating them with a scent or smell.

• G: By remembering shared meals or drinks.

• Ad: By remembering their ideas or the conversation’s content.

16. What motivates you to achieve a goal?

• V: Envisioning the outcome or success.

• A: Hearing encouraging words or imagining the applause.

• K: Feeling the excitement of achieving it.

• O: Associating it with uplifting scents.

• G: Imagining celebrating with great food or drinks.

• Ad: Focusing on the logical rewards of accomplishing it.

17. What helps you connect with others?

• V: Maintaining eye contact or seeing their expressions.

• A: Engaging in meaningful conversations.

• K: Physical gestures like hugs, handshakes, or proximity.

• O: Associating them with a specific scent.

• G: Sharing a meal or drink together.

• Ad: Connecting through shared ideas or intellectual discussions.

18. When recalling a stressful situation, what stands out most?

• V: The images or visuals of the moment.

• A: The sounds or words that were spoken.

• K: The physical sensations you felt at the time.

• O: Any distinct smells from the experience.

• G: A taste you remember, such as food you had during that time.

• Ad: The logical sequence of events that led to it.

19. What do you enjoy most about your hobbies?

• V: The visual appeal of what you create or experience.

• A: The sounds or music associated with it.

• K: The physical involvement or sensations.

• O: The smells associated with the activity.

• G: The opportunity to taste something as part of it.

• Ad: The logical process or structure involved in it.

20. How do you navigate a new city or place?

• V: Using a map or landmarks as guides.

• A: Listening to directions or asking locals.

• K: Walking around and exploring until you figure it out.

• O: Smelling distinctive scents to orient yourself.

• G: Trying local food or drinks to immerse yourself.

• Ad: Following clear, logical instructions or itineraries.

21. How do you prefer to celebrate small daily joys?

• V: Watching something uplifting or beautiful.

• A: Listening to your favorite music or sounds.

• K: Engaging in a favorite physical activity.

• O: Lighting a scented candle or enjoying a comforting smell.

• G: Treating yourself to a delicious snack or drink.

• Ad: Reflecting on why it made you happy.

22. What do you notice most in a natural setting?

• V: The colors and beauty of the landscape.

• A: The sounds of nature (birds, wind, water).

• K: The feeling of the breeze or earth beneath your feet.

• O: The distinct scents of the environment.

• G: The taste of fresh water or fruit from the area.

• Ad: Thinking about how it all works together ecologically.

23. How do you approach making a difficult decision?

• V: Visualizing possible outcomes.

• A: Discussing the options with others or listening to advice.

• K: Trusting your gut feeling or physical instincts.

• O: Associating options with smells that evoke comfort or warning.

• G: Associating options with tastes or past food memories.

• Ad: Analyzing the pros and cons logically.

24. What’s most important to you in a social gathering?

• V: The decorations, ambiance, and visuals.

• A: The conversations and music.

• K: The physical energy or comfort of the space.

• O: The smells of food, flowers, or the environment.

• G: The flavors of the food and drinks served.

• Ad: The meaningful or intellectual discussions

25. How do you mark the passage of time in your day-to-day life?

• V: By observing visual cues like the sun or clock.

• A: By noticing the sounds that occur at different times.

• K: By feeling physical energy shifts throughout the day.

• O: By recognizing smells that change during the day (e.g., coffee in the morning).

• G: By remembering meals or snacks throughout the day.

• Ad: By organizing your tasks in a schedule or checklist.

26. How do you recharge when you’re feeling drained?

• V: Watching a relaxing video or beautiful scenery.

• A: Listening to calming music or sounds.

• K: Taking a nap, stretch, or warm bath.

• O: Smelling essential oils or a fresh aroma.

• G: Enjoying a comforting meal or drink.

• Ad: Thinking about how to improve your situation logically.

27. How do you best enjoy a story or movie?

• V: By focusing on the stunning visuals or cinematography.

• A: By paying attention to the dialogue or soundtrack.

• K: By feeling the emotional or physical tension of the plot.

• O: By noticing any smells associated with the setting (e.g., popcorn).

• G: By eating or drinking something while watching.

• Ad: By analyzing the plot, themes, or characters.

28. What makes you feel connected to your surroundings?

• V: Observing the beauty of the environment.

• A: Hearing the ambient sounds of the place.

• K: Feeling the textures or temperature.

• O: Smelling the air, flowers, or other scents.

• G: Tasting something connected to the location.

• Ad: Thinking about the purpose or design of the space.

29. When recalling a conversation, what stands out most?

• V: The other person’s facial expressions or gestures.

• A: The tone, pitch, and words spoken.

• K: The emotions or physical reactions you had.

• O: Any distinct smells during the conversation.

• G: If food or drinks were involved, the tastes.

• Ad: The logical flow or content of the discussion.

30. What inspires you most about your favorite art form?

• V: The visual elements like colors, shapes, or designs.

• A: The sounds or music associated with it.

• K: The physical experience of engaging with it.

• O: The smells that accompany the experience.

• G: The tastes (if related to food or drink).

• Ad: The deeper meaning or thought behind it.

31. When reflecting on a loved one, what stands out most to you?

• V: Their facial expressions or physical appearance.

• A: The sound of their voice or laughter.

• K: The warmth of their hug or their presence.

• O: The smell you associate with them (e.g., perfume or a place you shared).

• G: A taste that reminds you of them (e.g., meals you shared).

• Ad: The things they said or how they made you think.

32. What do you enjoy most about your favorite song or music?

• V: The visual imagery it evokes in your mind.

• A: The rhythm, melody, or lyrics.

• K: The physical sensations it stirs, like dancing or tapping along.

• O: The smells it reminds you of (e.g., a concert or specific environment).

• G: If it connects with a taste memory (e.g., a special event with food).

• Ad: Analyzing the meaning of the lyrics or composition.

33. How do you usually approach giving a gift?

• V: By selecting something visually appealing or artistic.

• A: By choosing something they’ve mentioned liking in conversation.

• K: By giving something they can physically experience (e.g., a cozy blanket or spa treatment).

• O: By finding something with a distinct scent (e.g., candles or perfumes).

• G: By gifting something edible or drinkable.

• Ad: By making it meaningful or logically practical.

34. What makes a book captivating for you?

• V: The vivid imagery or cover design.

• A: The dialogue or descriptions that sound alive in your mind.

• K: The emotional or physical sensations it evokes.

• O: The smells it brings to mind (e.g., paper or a described setting).

• G: If it connects with flavors or meals described in the story.

• Ad: The thought-provoking ideas or logical flow.

35. How do you respond to feedback?

• V: By visualizing how to implement it.

• A: By carefully listening to the tone and words used.

• K: By noticing how it makes you feel physically or emotionally.

• O: By associating it with the environment or smells at the time.

• G: By connecting it to comfort or stress eating (if applicable).

• Ad: By analyzing the feedback logically to assess its value.

36. What excites you most about trying something new?

• V: Seeing the possibilities or results in your mind.

• A: Hearing about others’ experiences or instructions.

• K: Feeling the sensations of trying it out firsthand.

• O: Experiencing the new smells associated with it.

• G: Tasting something fresh or new during the experience.

• Ad: Understanding how it fits into your plans or interests.

37. What’s most memorable about your childhood?

• V: The toys, places, or faces you remember.

• A: The sounds, music, or words spoken by people.

• K: The physical sensations like playing outside or hugging loved ones.

• O: The smells of food, nature, or familiar places.

• G: The tastes of favorite childhood treats.

• Ad: The logical or emotional lessons you learned.

38. How do you best enjoy a quiet moment?

• V: Watching a sunset, a book, or something calming.

• A: Listening to silence, nature, or soothing music.

• K: Feeling the stillness or peace in your body.

• O: Breathing in a fresh or calming scent.

• G: Sipping a warm drink or enjoying a light snack.

• Ad: Reflecting on your thoughts or organizing your plans.

39. When working on a creative project, what drives you?

• V: The visual outcome or aesthetic appeal.

• A: The sounds or rhythms involved (if any).

• K: The hands-on activity or tactile process.

• O: The smells that arise while creating (e.g., paint, paper, or environment).

• G: Rewarding yourself with something tasty while working.

• Ad: The logical steps or structure required to bring it to life.

40. How do you handle a major life transition?

• V: By visualizing what the future will look like.

• A: By listening to advice, guidance, or supportive words.

• K: By noticing your physical or emotional reactions.

• O: Associating it with certain smells or environments.

• G: Reflecting through meals or symbolic tastes.

• Ad: Strategizing logically to adapt and move forward.

41. When organizing your space, what do you prioritize?

• V: How clean and visually pleasing it looks.

• A: The acoustics or minimizing distracting sounds.

• K: The ease of moving around or physical comfort.

• O: Ensuring it smells clean or pleasant.

• G: Making sure snacks or food storage is organized.

• Ad: Ensuring the setup is efficient and functional.

42. What inspires you about nature?

• V: The vibrant colors and visual landscapes.

• A: The sounds of animals, wind, or water.

• K: The physical sensations like walking on grass or feeling the wind.

• O: The earthy or fresh scents.

• G: Tasting fresh fruits, water, or something natural.

• Ad: Understanding the interconnected systems of nature.

43. How do you enjoy connecting with loved ones?

• V: Through photos, videos, or visual activities together.

• A: By talking or listening to them.

• K: Through physical closeness, like hugs or activities.

• O: By sharing scents (e.g., candles or fragrances) that evoke comfort.

• G: By sharing meals, snacks, or drinks.

• Ad: By engaging in meaningful conversations or debates.

44. How do you appreciate art?

• V: By admiring its colors, forms, and visual impact.

• A: By listening to the stories or sounds connected to it.

• K: By feeling the emotions or physical sensations it evokes.

• O: By associating it with smells that fit the theme.

• G: By imagining or experiencing tastes it represents.

• Ad: By analyzing its meaning or concept logically.

45. How do you like to celebrate special occasions?

• V: With decorations or visually engaging setups.

• A: By playing music or sharing meaningful words.

• K: By participating in physical activities or events.

• O: With scented candles or flowers to mark the moment.

• G: By enjoying special meals, desserts, or drinks.

• Ad: By reflecting on the significance of the event.

46. How do you prefer to relax before bed?

• V: Watching something calming or visually pleasing.

• A: Listening to relaxing music or sounds.

• K: Feeling the comfort of your bed or blankets.

• O: Breathing in calming scents like lavender or chamomile.

• G: Drinking something warm or having a light snack.

• Ad: Reviewing your day or planning tomorrow logically.

47. What helps you concentrate on a task?

• V: A tidy and visually clear workspace.

• A: Quiet surroundings or calming music.

• K: Moving around occasionally or feeling physically comfortable.

• O: A fresh or familiar scent in the environment.

• G: Having snacks or drinks nearby to keep you energized.

• Ad: Breaking the task into logical, manageable steps.

48. How do you approach a hobby or skill you want to improve?

• V: Watching tutorials or observing others.

• A: Listening to instructions or advice.

• K: Practicing physically until you feel confident.

• O: Noticing smells associated with the practice environment.

• G: Enjoying any related tastes (if applicable).

• Ad: Researching techniques and following logical steps.

49. How do you recognize when you’ve achieved success?

• V: Seeing the results or a certificate/trophy.

• A: Hearing praise or recognition from others.

• K: Feeling a sense of pride or physical energy.

• O: Associating the moment with a specific smell (e.g., flowers, candles).

• G: Celebrating with a special meal or treat.

• Ad: Reflecting on how you achieved it logically.

50. What makes you appreciate your favorite memories?

• V: The vivid mental pictures or images.

• A: The sounds or conversations from that time.

• K: The emotions or physical sensations you felt.

• O: The scents tied to that memory (e.g., flowers, food, environment).

• G: The flavors you associate with the moment.

• Ad: The significance or lessons the memory holds