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

Below is a 50-question comprehensive questionnaire based on Neuro-Linguistic Programming (NLP). Each question has six options corresponding to the representational systems: **Visual (V)**, **Auditory (A)**, **Kinesthetic (K)**, **Olfactory (O)**, **Gustatory (G)**, and **Auditory Digital (Ad)**. Participants should assign points from 1 (least preferred) to 6 (most preferred) for **each option** of every question.

Participants should ensure their responses total **21 points per question** (e.g., assigning 6, 5, 4, 3, 2, and 1 to different options).

**Instructions**

1. Read each question carefully.
2. For each question, distribute **21 points** across the six options to reflect your preferences.
3. After completing all 30 questions, sum the points for each representational system (VAKOG + Ad).
4. The total scores for each system represent your **Internal Representational Style**.

**Questions**

**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