

Read through the given situation and then score yourself from 1-5 (1 = least agree to 5 = entirely agree) for each statement - choosing the one that most applies to you.

| SITUATION | VISUAL | Rate | AUDITORY | Rate | KINAESTHETIC | Rate |
|-------------------------|-----------------------|------|----------------------------------|------|---|------|
| Operate new equipment | Read instructions | | Listen to the explanation | | Have a go | |
| Travel directions | Look at a map | | Ask for spoken directions | | Follow your nose and maybe use a compass | |
| Cook a new dish | Follow a recipe | | Call a friend for an explanation | | Follow your instinct, tasting as you cook | |
| Teach someone something | Write instructions | | Explain verbally | | Demonstrate and let them have a go | |
| You'd say ... | I see what you mean | | I hear what you are saying | | I know how you feel | |
| You'd say ... | Show me | | Tell me | | Let me try | |
| You'd say ... | Watch how I do it | | Listen to me explain | | You have a go | |
| Faulty goods | Write a letter | | Make a phone call | | Send or take it back to the shop | |
| Leisure | Museums and galleries | | Music and conversation | | Playing sport or DIY | |
| Buying gifts | Books | | Music | | Tools and gadgets | |
| Shopping | Look and imagine | | Discuss with shop staff | | Try on and test | |
| Choose a holiday | Read the brochures | | Listen to recommendations | | Imagine the experience | |
| Choose a new car | Read the reviews | | Discuss with friends | | Test-drive what you fancy | |