

Representational Systems Preference TEST

WEEKLY CHALLENGE – 24 MAY 2021

Place a number next to each sentence for the following statements as per below with your first immediate thought.

- 1 - Least like me
- 2 - A little like me
- 3 - Very much like me
- 4 - Totally me

A - I find it easiest to:

- ___ Find the perfect balance and tone settings on a stereo
- ___ Identify the most relevant points in an argument
- ___ Select the most comfortable seating
- ___ Choose colours that go well with each other

B - I base my important decisions on:

- ___ Gut instinct
- ___ Whether it sounds right
- ___ What looks like the best way
- ___ Reviewing the issues and formulating a plan that makes sense

C - Normally:

- ___ I am very aware of noises and sounds
- ___ I am very skilled at integrating new information
- ___ I am very sensitive to how well clothes fit when I try them on
- ___ It matters to me how a room looks and the colours go together

D - I most easily express the way I am by:

- ___ How I dress and present myself
- ___ Sharing my feelings
- ___ The words I say
- ___ How the tone of my voice sounds

E - In a discussion, I am most often influenced by:

- ___ Whether the other person's tone of voice resonates with me
- ___ If I can see what they are saying
- ___ Whether their argument is logical
- ___ How I feel about them as a person

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SCORE

1 - Copy your answers from the test below:

A ___ A	B ___ K	C ___ A	D ___ V	E ___ A
___ Ad	___ A	___ Ad	___ K	___ V
___ K	___ V	___ K	___ Ad	___ Ad
___ V	___ Ad	___ Ad	___ A	___ K

2 - Add the numbers associated with each letter.

	V	K	A	Ad
A				
B				
C				
D				
E				
TOTAL				

INTERPRETING THE RESULTS

V - Visual

K - Kinaesthetic

A - Auditory

Ad - Auditory Digital (Self talk/ Corporate language/ Jargon)

Please note these results may vary if you were to take the test again in different circumstances.