

What are you aware of?

Write down 10 things you perceive.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

How do you perceive the world?

Take a few moments and answer the following questions spontaneously. For each statement, place a number next to each phrase. Use the following system and use each number only **once** per question:

4 = closest to describing you

3 = next closest

2 = next best

1 = least descriptive of you

a. I make important decisions based on:

- _____ gut level feeling
- _____ which way sounds best
- _____ what looks best for me
- _____ precise review and study of the issues

b. During an argument, I am most likely to be influenced by:

- _____ Whether or not I'm in touch with the other's true feelings
- _____ the other person's tone of voice
- _____ whether or not I can see the other person's point of view
- _____ the logic of the other's argument

c. I most easily communicate what is going on with me by:

- _____ the feelings I share
- _____ my tone of voice
- _____ the way I dress and look
- _____ the words that I choose

d. It is easiest for me to:

- _____ select the most comfortable furniture
- _____ find the ideal volume and tuning on the radio
- _____ select rich, attractive colour combinations
- _____ select the most intellectually relevant point in an interesting article

e.

- _____ I'm very sensitive to the way my clothing feels on me.
- _____ I'm attuned to the sounds on my surroundings.
- _____ I have a strong response to how the building looks.
- _____ I'm very adept at making sense of new facts and data.

MY PREFERENCES SCORING

Add up the numbers

| Question | a | b | c | d | e | Total |
|----------|---|---|---|---|---|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |

1. Feelings (Kinaesthetic)

Touch, warm, get a handle on it

2. Hearing (Auditory)

Tone, loudness, sounds like, harmonious

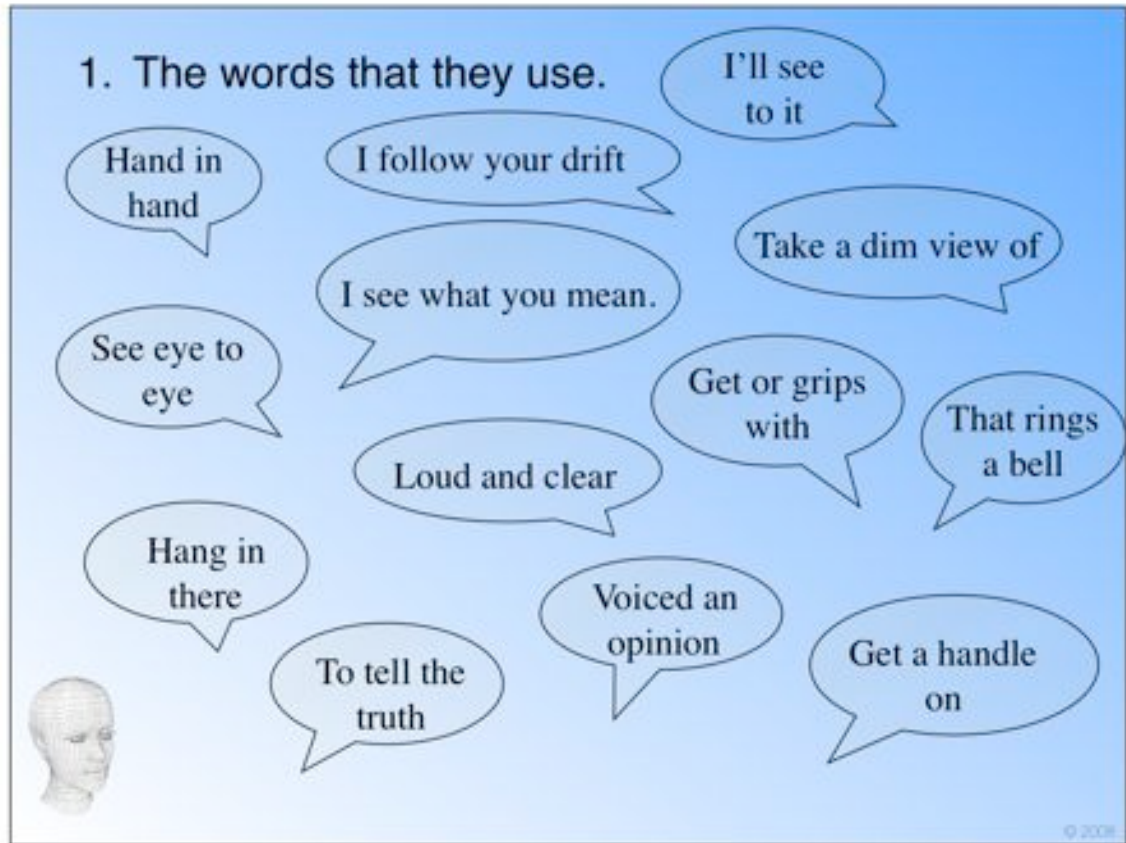
3. Seeing (Visual)

Bright, focus, perspective, colourful, appears

4. Thinking (Auditory Digital)

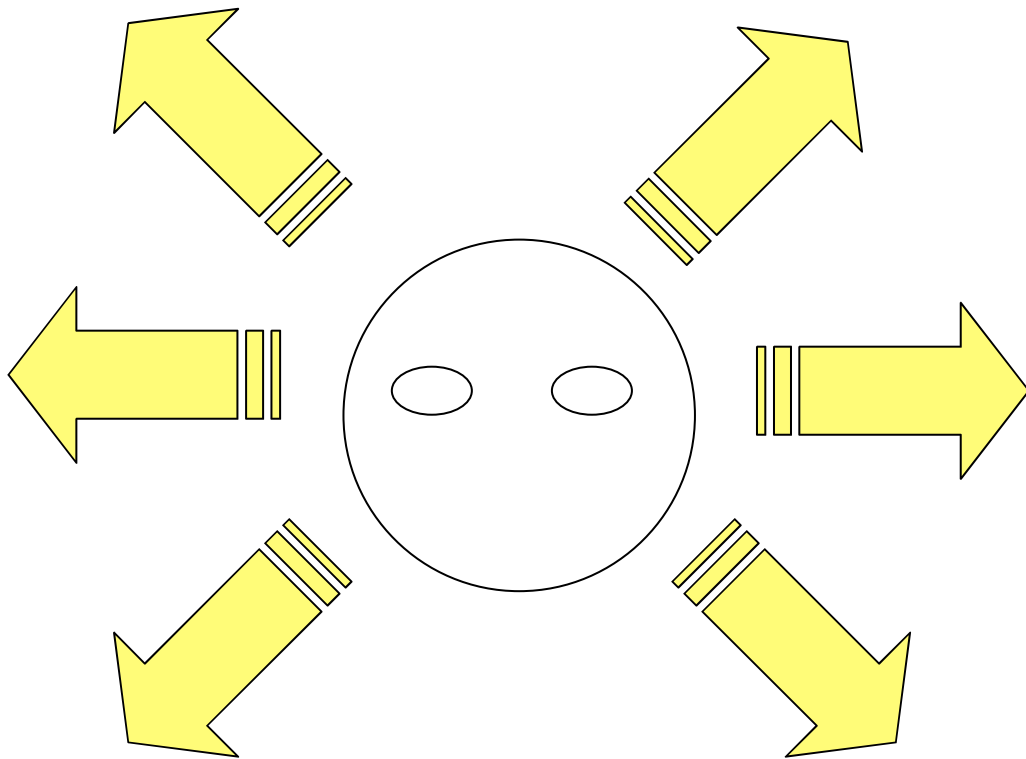
Logical, reasonable, knowledge

OTHER PEOPLE'S PRIME SENSE



Identify the phrases above as visual, auditory or kinesthetic:

EYE ACCESSING



Eye accessing Cues – Sheet 1

1. What colour are your bedroom curtains?
2. What would a red and yellow zebra look like?
3. Can you feel your back on the chair?
4. Who has the sexiest voice?
5. What does a hunting horn sound like?
6. What would the Queen look like with blue hair?
7. What does it feel like to be in the bath?
8. Can you remember the last time you typed in you credit card pin number?
9. What would a dog barking the national anthem sound like?
10. Which hand do you hold a spoon in when eating?

Eye accessing Cues – Sheet 2

11. Describe your ideal car.
12. What did you have for dinner yesterday?
13. Where is the number 3 on a telephone keypad?
14. What would an opera singer sound like singing “Happy Birthday to You”?
15. Can you say your name backwards?
16. What was the last song you heard on the radio?
17. Which way do you twist a tap to turn it off?
18. What colour is your front door?
19. What would a cat look like dressed in a pink tutu?
20. What colour is your favourite blouse / shirt?