

Understanding and Identifying Auditory, Visual and Kinesthetic Learning Styles

| Auditory | Visual | Kinesthetic |
|--|--|---|
| Identify sounds related to an experience | Have a sharp, clear picture of an experience | Develop a strong feeling towards an experience |
| <p>I hear you clearly,</p> <p>I want you to listen . . .</p> <p>This sounds good</p> | <p>Do you make pictures in your head</p> <p>Do you have visual images in your head as you are talking and listening to me?</p> <p>Can you see what I am saying?</p> | <p>Do you feel what you are saying?</p> <p>Are you in touch with what I am saying?</p> |
| <p>How do you hear this situation going?</p> <p>What do you hear that is stopping you?</p> <p>Sounds heavy.</p> | <p>How do you see the situation?</p> <p>What do you see stopping you?</p> <p>This looks good.</p> <p>Do you see what I am showing you?</p> | <p>How do you feel about this situation?</p> <p>I'm getting a handle on this material.</p> <p>Let's move together.</p> <p>Does what I am putting you in touch with feel right?</p> <p>Sounds heavy.</p> |
| Word Selections | Word Selections | Word Selections |
| tinkling silent squeal blast screaming choking | color clear spiral showed vivid notice | felt body sensations feel pain touch |
| <p>Lecture</p> <p>Do you love me?</p> <p>Auditories complain: Kinesthetics don't listen.</p> | <p>Fantasies</p> <p>Visuals complain: Auditories don't pay attention to them because they don't make eye contact.</p> | <p>Kinesthetics complain: "Auditory and visual people are insensitive."</p> |

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