



Auditory, Visual & Kinesthetic Learning

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