**NLP Preferred Representational System**

Use this free test to discover your preferred representational system. In NLP the primary ways that we represent, code, store and give meaning or language to our experiences are known as representational systems. We mainly work with four representational systems which are called; visual, auditory, kinaesthetic and auditory digital. In general, one representational system is not better than another and each of us has a preferred representational system. There are several ways to determine which system each of us prefers. This test presents a preference assessment which can guide you as to your preferred representational system.

Understanding your preferred representational system can help you understand the messages that others are picking up from you and how you can then communicate better with others. Likewise knowing your preferred representational system can help you understand why you learn the way that you do and then put you in charge of resources that enable you to be a more effective learner.

For each of the following statements, please place a number next to every phrase - BUT ONLY USE EACH NUMBER ONCE PER QUESTION, AS SHOWN IN THE EXAMPLE. So there is only one statement per question rated as 4, only one as 3, one as 2 and one 1.

Use the following system to indicate your preferences:
**4 = Closest to describing you**
**3 = Next best description**
**2 = Next best**
**1 = Least descriptive of you**

If you have trouble deciding between two of the options, go with the first thought that comes into your mind

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| **Example** | **I make important decisions based on:** |
| **3** | gut level feelings |
| **1** | which way sounds the best |
| **4** | what looks best to me |
| **2** | precise review and study of the issues |
|  | So ***what looks best to me*** is ranked as the closest to describing you, followed by ***gut level feeling*s**, then ***precise review and study of the issue*** and finally ***which sounds best*** as the least descriptive of you. With each ranking (4-1) only being used once. |
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| **1.** | **I make important decisions based on:** |
| Please selectPlease select | gut level feelings |
| Please selectPlease select | which way sounds the best |
| Please select. | what looks best to me |
| Please select an item. | precise review and study of the issues |
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| **2.** | **During an argument, I am most likely to be influenced by:** |
| Please selectPlease select an item. | the other person’s tone of voice |
| Please selectPlease select an item. | whether or not I can see the other person’s point of view |
| Please selectPlease select an item. | the logic of the other person’s argument |
| Please selectPlease select an item. | whether or not I am in touch with the other person’s true feelings |
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| **3.** | **I most easily communicate what is going on with me by:** |
| Please selectPlease select an item. | the way I dress and look |
| Please selectPlease select an item. | the feelings I share |
| Please selectPlease select an item. | the words I choose |
| Please selectPlease select an item. | my tone of voice |
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| **4.** | **It is easiest for me to:** |
| Please selectPlease select an item. | find the ideal volume and tuning on a stereo system |
| Please selectPlease select an item. | select the most intellectually relevant point in an interesting subject |
| Please selectPlease select an item. | select the most comfortable furniture |
| Please selectPlease select an item. | select rich, attractive colour combinations |
|   |   |

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| **5.** |  |
| Please selectlease select an item. | I am very attuned to the sounds of my surroundings |
| Please selectPlease select an item. | I am very adept at making sense of new facts and data |
| Please selectPlease select an item. | I am very sensitive to the way articles of clothing feel on my body |
| Please selectPlease select an item. | I have a strong response to colours and to the way a room looks |
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