

		<b>Visual</b>	<b>Auditory</b>	<b>Kinaesthetic/physical</b>
1	when operating new equipment for the first time I prefer to	read the instructions	listen to or ask for an explanation	have a go and learn by 'trial and error'
2	when seeking travel directions I..	look at a map	ask for spoken directions	follow my nose or maybe use a compass
3	when cooking a new dish I..	follow a recipe	call a friend for explanation	follow my instinct, tasting as I cook
4	to teach someone something I..	write instructions or draw a diagram	explain verbally	demonstrate and let them have a go
5	I tend to say..	"I see what you mean"	"I hear what you are saying"	"I know how you feel"
6	I tend to say..	"show me"	"tell me"	"let me try"
7	I tend to say..	"watch how I do it"	"listen to me explain"	"you have a go"
8	complaining about faulty goods I tend to..	write a letter	phone	go back to the store, or send the faulty item to the head office
9	I prefer these leisure activities	museums or galleries	music or conversation	physical activities or making things
10	when shopping generally I tend to..	look and decide	discuss with shop staff	try on, handle or test
11	choosing a holiday I..	read the brochures	listen to recommendations	imagine the experience
12	choosing a new car I..	read the reviews	discuss with friends	test-drive what you fancy
13	learning a new skill	I watch what the teacher is doing	I talk through with the teacher exactly what I am supposed to do	I like to give it a try and work it out as I go along by doing it
14	choosing from a restaurant menu..	I imagine what the food will look like	I talk through the options in my head	I imagine what the food will taste like
15	when listening to a band	I sing along to the lyrics (in my head or out loud!)	I listen to the lyrics and the beats	I move in time with the music
16	when concentrating I..	focus on the words or pictures in front of me	discuss the problem and possible solutions in my head	move around a lot, fiddle with pens and pencils and touch unrelated things
17	I remember things best by..	writing notes or keeping printed details	saying them aloud or repeating words and key points in my head	doing and practising the activity, or imagining it being done
18	my first memory is of	looking at something	being spoken to	doing something
19	when anxious, I..	visualise the worst-case scenarios	talk over in my head what worries me most	can't sit still, fiddle and move around constantly
20	I feel especially connected to others because of	how they look	what they say to me	how they make me feel
21	when I revise for an exam, I..	write lots of revision notes (using lots of colours!)	I talk over my notes, to myself or to other people	imagine making the movement or creating the formula
22	when explaining something to someone, I tend to..	show them what I mean	explain to them in different ways until they understand	encourage them to try and talk them through the idea as they try
23	my main interests are	photography or watching films or people-watching	listening to music or listening to the radio or talking to friends	physical/sports activities or fine wines, fine foods or dancing
24	most of my free time is spent..	watching television	talking to friends	doing physical activity or making things
25	when I first contact a new person..	I arrange a face to face meeting	I talk to them on the telephone	I try to get together to share an activity
26	I first notice how people..	look and dress	sound and speak	stand and move
27	if I am very angry..	I keep replaying in my mind what it is that has upset me	I shout lots and tell people how I feel	I stomp about, slam doors and throw things
28	I find it easiest to remember	faces	names	things I have done
29	I think I can tell someone is lying because..	they avoid looking at you	their voice changes	the vibes I get from them
30	When I'm meeting with an old friend..	I say "it's great to see you!"	I say "it's great to hear your voice!"	I give them a hug or a handshake

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**Table 1 : VKA preference statements**

# List Of Known Conscious Senses

(most probably incomplete)

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X=External, C=Contact, I=Internal

**X :: Sight** : mainly eyes CN II : external (foveal) : colour, central focus // external (peripheral) : B&W, low light conditions, peripheral motion, motion tracking

**I :: Sight** : Pineal gland (light/dark) skin and other cells (?) // internal "visualisation" or "mind's eye"

**X :: Sound** : Frequency & Quality (Timbre, Loudness, Intonation & Direction) : middle ear CN VII: direct through auditory canal and ..

**I :: Sound** : indirect through bone conduction / lateral line pressure sensors : deep sounds, pressure changes, rhythm, Viscera (?) : internal "self-talk", thinking, etc

**C :: Taste** : tongue CN V3, VII, IX, X (Salty, sweet, sour, bitter, Umami) (Note : taste sense is also continuous internally through upper digestive tract)

**X,C :: Smell** (often confused for taste) : CN I (at least 1 trillion different odours?) Vomeronasal organ (hormones, emotional states, etc) varies with diurnal cycle

**C :: Touch/skin contact** Pressure, texture (rough, sharp, smooth, slippery, soft, hard, etc), vibration, moisture

**X,C,I :: Temperature** : external (radiant infra red), contact/skin & internal (Heat, Cold) // internal head temperature (CN V?)

**C,I :: Pain, tissue damage & inflammation (nociceptors)**: Itch, external/skin, internal (muscle), internal (visceral)

**X(I?) :: Direction** : Relative direction, Geographic sense (magnetic?)

**I :: Time** : various internal clocks

**I,X,C :: Electrical/Electromagnetic senses**

**X :: Air motion & static electricity** (skin hairs)

**X,I :: Counter-Transference & Empathy** (!)

**I :: Visceral Stretch Receptors**: e.g. lungs (lung inflation), bladder (urination), stomach (fullness), blood vessels (blood pressure), and the gastrointestinal tract (bolus/defecation). Visual clues (see Sight).

**I :: Thirst** Left Cingulate Cortex (midbrain) & hypothalamus, maybe also plasma osmotic pressure

**I :: Hunger** Brain : Hypothalamus (also related to emotion), Hunger pangs in subdiaphragmatic viscera, Blood glucose?

**I :: Chemoreceptors** : These trigger an area of the medulla in the brain that is involved in detecting blood-borne hormones and drugs. It also is involved in the vomiting reflex. e.g. CSF pH, Blood Oxygen content & O<sub>2</sub>/CO<sub>2</sub> ratio (Carotid body e.g.), Blood pressure : arterial, maybe also venous

**I :: Other Interoceptive senses** : Lymphatic activity,

Moisture, etc etc

NOTE : **Synaesthesia!**

NOTE : **Multisensory integration** : examples ::

**X :: Echolocation** (integrative via visual cortex)

**I,C,X :: Equilibrioception** (the ability to keep your balance and sense body movement in terms of acceleration and directional changes) : combination of inner ear/labyrinth, proprioceptive sense (see above) & Kinaesthetic sense : acceleration, pressure (soles of feet)

**I :: Proprioception** (the ability to tell where your body parts are, relative to other body parts) : sensations of muscle movement and joint position including posture, movement, and facial expression), includes stretch receptors (inc Muscle tension), interoception (somatic sensations), internal body map (also linked to visual sense – external reference)

**X :: Proxemic sense** : body space / social space (inc. Sheldrake's awareness of being looked at)

**I :: Sense of "presence" & other qualitative experiential aspects of being alive**

**I :: Somatic aspects of Mental-Emotional states?** :: ESP (etc) and all that stuff

*"Come to your senses!"*

## (A) Resourced Interoceptive qualities

### General Questions...

- How do I know I have a body (if I don't look)?
- What am I feeling/what am I aware of in my body right Now?
- What is the specific texture/quality of this sensation?
- How would I describe it to someone else so they they would understand exactly what I am aware of?
- Where is the sensation/ what is its "geography"? (Skin, muscle, viscera / surface, shallow, deep / front, back / left, right : e.g. do my L and R sides feel exactly the same, and if not, what is the difference?)
- How local is this sensation vs general/ whole-body?
- If it appears to be all over, where is it NOT?

### Contact & movement

Pressure, skin sensations (texture, warmth/cold, solidity, moisture, air/space, tightness, softness), support & being held, movement of breathing (ribs front/back/sides, belly, filling/emptying), air flow & temperature of air during breathing (nose/upper respiratory tract), inside of mouth (teeth, tongue, gums, etc), sense of clothing, shape of eyeballs in their sockets, presence of genitalia. Contact texture : bony, soft, etc → shape

### Proprioceptive (when lying or sitting still)

Position & shape of body & limbs (Q. are these the same as what you would expect from how you know you have placed your body or can see it?), texture of muscle (mainly limbs, face, belly), muscle tightness & softness, shape & position of bony joints, facial expression

### Inner vision, inner movement, inner urge to movement

#### Temperature

Burning / Hot / warm / cold / icy, and these may have a normal or dry or moist/damp quality

#### Vibration in the body due to external noise

Subtle & vibratory somatic etc

Pulsing (heart or other), beats, vibration, aliveness, potential for movement, tingling, fizzing, effervescent, bubbling, electrical, flow, cotton-wool, airy, expansive/full (inflated), full of blood (muscles), soft, energised lightness, solidity, weight/heaviness, density, substantial

#### Somatic component of mental-emotional states

(these will have a somatic texture and specific locations in the body, and in many cases the somatic texture + location is directly interpreted into meaning)

Safety, happiness, contentment, appreciation, love, gratitude,

peace, stillness, now-presence, awake, alert, curious (yes! This also has a somatic component!)

## (B) Hyper-aroused Interoceptive qualities

Pain (Itch, burning, dull, ache, "toothache", sharp, piercing, cutting, throbbing, electric, crushing, "nervy", tingling.) Tightness, tension, rigidity, excessive vibratory stillness of muscles, "waiting", external senses hyper-aroused/ hyper-alert, restless legs, twitching body.

Peripheral cold

Mental-emotional states : normal non-peaceful emotions : anxiety, fear, anger, sadness, etc; time distortions (time experienced faster or slower), agitation, restlessness

Time distortions (speeded up, slowed down)

## (C) Hypo-aroused Interoceptive qualities

Numb, blank, absent, empty, dizzy, disoriented, disjointed, disconnected, clumsy, uncoordinated, low energy, exhaustion, sleepiness, deep cold, very heavy, very solid, dullness

Alien world, world through thick glass or cardboard, or as if seen on TV (depersonalisation).

Mental-emotional states : overwhelm, despair, hopelessness

Time distortions (drifty timelessness), OOB

### A few more body sensation words...

Frozen, icy, cold, chilly, cool, wet, sweaty, moist, damp, boiling, warm, dry (dry-mouthed), hot, burning, parched, dehydrated, thirsty, Hungry, ravenous, full, bloated, satiated, satisfied, stuffed; Comfortable, uncomfortable; Dizzy, swirly, woozy, spacey, faint, floaty, giddy, disconnected, ungrounded, floating, light-headed; Numb, blank, absent, empty, hollow; Queasy, nauseous, sick; Energetic, wired, buzzing, tingly, bubbly, energised, fizzy, electric; Pulsing, pounding, vibrating, throbbing, pressure Trembly, nervy, twitching, butterflies, fluttery, quivering, shaky, shivery, shuddering

Calm, peaceful, spacious; Expanded, expansive, airy, open, floating, relaxed, released, light, soft; Solid, grounded, strong, Flexible, fluid; Stiff, rigid, taut, tight, tense

Exhausted, limp, floppy, damp rag, tired, drained, flat; Squirmy, jittery, jumpy, wobbly

Cloudy, dark, dull; Spongy, congested, heavy, saggy, squishy, squashed, stretchy, Bloated, Clenched, closed, contracted, blocked, knotted, constricted, small, short; Bursting, radiating; Stabbing, jabbing, stinging, tight, raw, sore, achy, bruised, hurting, sensitive, itchy, prickly, tickly, jagged; Breathless, suffocated, short of breath, easy-to-breathe, headache, thick-headed; Teary, tearful.

To these can be added many other descriptive words – such as metallic, woody, plastic, glassy, leathery... Some sensations feel like they have the quality of very specific materials, often in combination with associated textural sensations – sharp, rough, smooth, etc. (This list does not include emotions – which are also complex combinations of sensations with a specific "Geography").