

## VAK PATTERN: Visual, Auditory, Kinesthetic

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|    | Type of Thinking | Stimulates Attention                    |
|----|------------------|---|
| V1 | Focused Thinking | Visual stimulus triggers attention      |
| A2 | Sorting Thinking | Auditory stimulus triggers attention    |
| K3 | Open Thinking    | Kinesthetic stimulus triggers attention |

### INTERESTING FACTS:

- If you use the VAK pattern, you probably like telling stories and teaching others. Many people with this pattern become excellent teachers, writers, or leaders.
- You need to see and take notes in order to focus your mind.
- You understand information better and remember it more easily when you can talk about it with someone.
- When you move or engage in physical activity, your imagination becomes the most active and vivid.

**You learn best by reading and taking detailed notes.** Your sorting attention activates when you talk with someone about what you're trying to learn. Physical activity may be more demanding for you, but it can also stimulate your imagination.

**Communication:** You enjoy writing and have no trouble composing longer texts or emails. You like to talk about what you know and can retell stories or experiences clearly. You may find it easier to explain ideas verbally than to demonstrate them physically.

**Obstacles:** You may find it challenging when someone only explains something verbally without showing it visually. You might be told that you overthink or go into too much detail. If you must take part in physical or sports activities, you may appear shy or hesitant.