

COMMUNICATION

It's easy to decipher the modalities of yourself by noticing what words you use when you are communicating. These words are called predicates, or "process words." When a situation is perceived in your mind, it's processed in whatever modality you prefer; the words and phrases you use to describe it reflect your personal modality. This is also a good way to identify other peoples learning style.

Below is a list of common words used by each learning style

VISUAL	AUDITORY	KINESTHETIC
picture clear focus perspective see flash bright outlook spectacle glimpse preview shortsighted discern distinguish illustrate delineate paint cloud clarify graphic dress up show reveal expose depict screen	tone note accent ring shout growl tone sing sound hear clear say scream click static rattle ask chord amplify harmonise key muffle voice compose alarm screech	touch handle throw finger shock stir strike impress move hit grope impact stroke tap rub crash smash sharpen tangible crawl irritate tickle sore grab carry flat