

# Mind pattern Test

Tool for download

Creating organizations where people want to show up!

Bloch &  
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### Step 1: Choose one of the three statements below

A

I'm comfortable talking to large groups of people, even without advance preparation. I prefer to give verbal reports rather than do a visual presentation or make a model. I naturally remember what's said in a conversation. I speak without pause or "um" and use precise language. Words flow out easily in logical order without thinking about it. I tend to be critical of how things are said.

V

The first thing I recall of a person or place is the way something or someone looked. I'd prefer to write a report rather than do an oral presentation or make a model. The best way for me to organize is to make a list. I like to make direct and steady eye contact with the person I'm talking to. I'm highly aware of the what I look to other people. I can multitask visually: I can read and watch TV at the same time. I tend to be critical of how things look.

K

I prefer to be on my feet or moving around. A stand-up desk would really help me. I prefer to share an experience or make a model as a presentation. The best way for me to organize is by making piles. I can easily recall what I did and the physical sensation of an experience. My natural preference is to start hands-on and experiment by doing. I can multitask kinesthetically: I can do two or three things at the same time. I tend to be critical of how things are done.

Your first letter is A

Your first letter is V

Your first letter is K

K

OR

V

A

OR

K

V

OR

A

### Step 2: Staying in the same row, choose one of the two statements

I know what I am feeling in my body with my eyes open. I have a lots of pent-up energy right below the surface.

Second letter: K

I can easily see three-dimensional images in my mind with my eyes open and view these from various angles – above, behind and sideways. I prefer to look at the person I am talking to and then look around.

Second letter: V

To make a decision, I prefer to talk both sides through with someone else. I frequently use metaphors when I speak and prefer to share the entire story of an experience.

Second letter: A

I know what I am feeling in my body with my eyes open. I have a lots of pent-up energy right below the surface.

Second letter: K

I can easily see three-dimensional images in my mind with my eyes open and view these from various angles – above, behind and sideways. I prefer to look at the person I am talking to and then look around.

Second letter: V

To make a decision, I prefer to talk both sides through with someone else. I frequently use metaphors when I speak and prefer to share the entire story of an experience.

Second letter: A

### Step 3: Follow the arrow to the last Statement and see if it matches

V

I prefer a low amount of visual information – e.g. bullet points rather than long paragraphs. I get overwhelmed with too much visual detail. I've had to train myself to make ongoing eye contact. The way someone looks at me can have a very long-lasting effect. I don't like people telling me what to look at.

Last letter is V

K

I can naturally sit still for long periods of time. It's challenging for me to do a physical activity in a sequential or regimented way. When doing something physical, I prefer to go at my own speed (fast or slow). I don't like casual physical touch. I'm very sensitive to touch and it can have a very long lasting effect.

Last letter is K

A

I naturally like quiet or music I choose, and am very sensitive to sound. I prefer to take more time to think about what I'm going to say. Word and tone of voice can be profound and have a long-lasting effect. I have a fear of interruption and will avoid verbal confrontation. I prefer not to be told what to say or have word filled in for me.

Last letter is A

Step 4: Write your three letters in these boxes and find your pattern to the right

First letter

Second letter

Third letter

**V-A-K Pattern**

Focused thinking: Visual  
Sorting thinking: Auditory  
Open thinking: Kinesthetic

**V-K-A Pattern**

Focused thinking: Visual  
Sorting thinking: Kinesthetic  
Open thinking: Auditory

**K-A-V Pattern**

Focused thinking: Kinesthetic  
Sorting thinking: Auditory  
Open thinking: Visual

**K-V-A Pattern**

Focused thinking: Kinesthetic  
Sorting thinking: Visual  
Open thinking: Auditory

**A-V-K Pattern**

Focused thinking: Auditory  
Sorting thinking: Visual  
Open thinking: Kinesthetic

**A-K-V Pattern**

Focused thinking: Auditory  
Sorting thinking: Kinesthetic  
Open thinking: Visual

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