

Representational Systems

Pictures, sounds, feelings, self-talk

Preferred processing systems

Visual	Auditory	Kinesthetic	Digital
See	hear	feel	think
View	listen	grab	procedure
Insight	sound	pull	tendency
Reflection	tone	grasp	knowledge
Watch	accent	rub	model
Show	musical	sticky	theory
Look	call	get hold of	principle
Picture	tune out	wrestle	meaning
Focus	jingle	warm	know
Scan	say	touch	specific
Appear	click	pressure	interesting
Reveal	resonate	handle	obvious
Hazy	rhythm	texture	random
Misty	harmony	heavy	special
Observe	clash	firm	typical
Image	speak	slip through	usual
Glow	amplify	catch	excellent
Brilliant	dialogue	slimy	basic
Vivid	ring	smooth	understand
Shine	chime	gritty	integrated
Dim	discord	pushy	incremental
Flash	noise	sting	enhanced
Sparkle	quiet	contact	systematic
Highlight	melody	itchy	optimal
Bright	buzz	concrete	compatible
Transparent	shout	wobble	paradigm
Opaque	announce	snag	contingency
Mirror	mute	solid	idea
Snapshot	loud	tight	interactive
See	whisper	soft	balanced
		tough	variable
		sharp	experience