

Explanation of Sensory Preference Assessment

Copyright ©Arlene R. Taylor PhD 1984–2009 (last revision) Realizations Inc
www.arlenetaylor.org

Write total score for each column in the correct box below:

Column 1: ____ / 21 Auditory	Column 2: ____ / 21 Visual	Column 3: ____ / 21 Kinesthetic
---------------------------------	-------------------------------	------------------------------------

The highest score on the Sensory Preference Assessment usually represents your overall sensory preference, unless you have adapted away from it for some reason. Remember that you use all of your senses most (if not all) of the time. Sensory preference refers to the type of sensory stimuli that registers in your brain most quickly and intensely. Those type of sensory stimuli usually require the least amount of energy expenditures to decode them (make sense of them) in the brain.

If two scores are tied, one of the scores likely represents your sensory preference, while the other represents skills you've developed in order to relate to someone significant in your life. If one of the tied scores is kinesthesia, consider the possibility that your innate preference is kinesthetic and that for some reason, you have increased skills in another sensory system.

If all scores are equal, you may have developed higher numbers of skills in other sensory systems due to lack of opportunity to use your own preference, a perceived necessity to relate to a specific person or environment, or because of being punished or shamed for your own preference. Use your scores as a starting point for evaluating your sensory history. Try to uncover and identify factors that may have pushed you away from your sensory preference.

For additional information, refer to www.arlenetaylor.org

- Practical Applications - Sensory Preference
- Brain References - Sensory Systems