

Dawning Visions Hypnosis Learning Channels Form

Name _____ Date _____

Hypnotherapy: Checklist For Discovering Learning Channels

(Please *circle* the number of any item that seems like something that fits your nature.)

Auditory Learning Channels Indicators:

1. Prefers to have someone else read instructions when putting a model together.
2. Reviews for a test by reading notes aloud or by talking with others.
3. Talks aloud when working out a math problem.
4. Prefers listening to a cassette over reading the same material.
5. Commits zip code to memory by saying it.
6. Uses rhyming words to remember names.
7. Plans the upcoming week by talking it through with someone.
8. Prefers oral instructions from an employer or teacher.
9. Likes to stop at a service station for directions in a strange city.
10. Prefers talking/listening to the radio.
11. Keeps up on news by listening to the radio.
12. Able to concentrate deeply on what another person is saying.
13. Uses free time for talking with others.
14. Sings or plays a musical instrument well.

Visual Learning Channel Indicators:

1. Likes to keep written records.
2. Typically reads billboards while driving or riding.
3. Puts a model together correctly using written directions.
4. Follows written recipes easily when cooking.
5. Reviews for a test by writing a summary.
6. Writes on napkins in a restaurant.
7. Can put together a bicycle from a mail order house.
8. Commits a zip code to memory by writing it.
9. Uses visual images to remember names.
10. Loves to read books.
11. Plans the upcoming week by making a list.
12. Prefers written directions from an employer.
13. Prefers to get a map and find own way in a strange city.
14. Prefers reading/writing games like Scabble.

Strong in Touch/Movement (Kinesthetic) Channel:

- 1. Likes to build things.**
- 2. Uses sense of touch to put a model together.**
- 3. Can distinguish items by touch when blindfolded.**
- 4. Learns touch system rapidly in typing.**
- 5. Moves with music.**
- 6. Doodles and draws on any available paper.**
- 7. Is out-of doors person.**
- 8. Moves easily, well coordinated.**
- 9. Spends a large amount of time on crafts and handwork.**
- 10. Like to feel texture of fabric and furniture.**
- 11. Prefers movement games to games where one just sits (if age appropriate).**
- 12. Finds it fairly easy to keep physically fit.**
- 13. One of the fastest in a group to learn a new physical skill.**
- 14. Uses free time for physical activities.**