

# V.A.K LANGUAGE



## Visual

- I get the picture
- I see what you mean
- Let's get this into perspective
- It appears that
- Show me
- The focus of attention
- Looking closely
- A blind spot
- It's clear to me
- A different angle
- A cloud on the horizon
- He's shady
- This is the outlook
- With hindsight
- She's short sighted
- You'll look back on this
- Let's get a snap shot of this and give it laser like focus
- Step back and see the big picture



## Auditory

- That rings a bell
- We're on the same wavelength
- Let's talk about it
- You hum it I'll sing it
- Within earshot
- Let's sound this out
- I'm speechless
- Shout from the hill tops
- People will hear you
- The silence was deafening
- Singing from the same hymn sheet
- Word for word
- In a manner of speaking
- There was an undertone



## Kinaesthetic

- He's thick skinned
- A cool customer
- I grasp the meaning
- A heated argument
- I will be in touch
- I can't put a finger on it
- She's giving me
- The cold shoulder or the shrug off
- We are scratching the surface
- Let's dig deeper, get a grip
- A lukewarm attitude
- I feel it in my bones
- I just doesn't feel right
- I have a strange sensation