

AOD MIND STYLE SURVEY

Space awareness

1. *Are you a person who can get lost in a book or a film? . forget where you are?*

Yes = D, No = A, It depends = 0

Time perception

2. *Do you tend to live in the past the present or the future ... to what degree?*

Present = D, Past/Future = A, all = 0

Head-heart content

3. *Do you tend to be ruled by your head or your heart?*

Heart = D, Head = A, both = 0

Interpersonal control

4. *In your relationships with people, do you have to take control, or are you happy for them to take over if they want to?*

Others = D, self = A, It depends = 0

Trust proneness

5. *Are you a trusting kind of person, or do you not trust people very easily?*

Yes = D, No = A, It depends = 0

Critical appraisal and learning style

6. *If you are told something new, do you find yourself questioning it straight away, or do you go along with it and question it later?*

Later = D, immediate = A, It depends = 0

Sense of responsibility

7. *In terms of feeling responsible for things you do, is that feeling more or less than the average person would feel?*

Below average = D, Above = A, It depends = 0

Preferred mode of contact

8. *When you are learning something new, do you prefer to see it or handle it?*

Tactile = D, Visual = A, Both = 0

Processing

9. *If you came up with a brand-new idea, which would give you the most satisfaction, dreaming it up, or working out how to put it into practice?*

Dreaming = D, doing = A, It depends = 0

Writing value

10. *Are you a person who has to write notes as you go along, or feel your way through?*

No = D, Yes = A, It depends = 0

Personality traits

Here are 5 personality traits. None is better than the others. Which do you think more clearly identifies you - organiser, director, balancer, explorer, complier? Which comes second?

Organiser, Director = A Balancer = 0 Explorer Complier = D

Derived from Spiegel H & Spiegel D in 'Trance and Treatment' Modified GTH and GDS