**ADDITIONAL MATERIAL FOR TASK 1 REPRESENTATIONAL SYSTEMS**

We use all of our senses and depending on the circumstances may focus on one or more of them - when listening to a favorite piece of music, we may close our eyes to more fully listen and to experience certain feelings.

Each of us have preferred representational systems. For example, when learning something new, some of us may prefer to see it or imagine it performed, others need to hear how to do it, others need to get a feeling for it, and yet others have to make sense of it. In general, one system is not better than another. However, depending on the context, one or more of the representational systems may be more effective: landscape painters - visual, musicians -- auditory, athletes -- kinesthetic and mathematicians -- digital. People at the top of their profession typically have the ability to use all of the representational systems and to choose the one most appropriate for the situation.

Depending on your preferred representational system(s), you may exhibit certain behaviours or characteristics. Before exploring these behaviours, please note that depending on what is going on in your life, or the context, you may change your preferred representational system(s). Hence, it is more useful to notice the representational system a person is currently favouring, rather than pigeon-holing a person.

The following are generalizations on the characteristics of people with a preference for visual, auditory, kinesthetic or digital.

Visual (V), auditory (A), kinesthetic (K), gustatory (G) and olfactory (O) are the five primary sensory modalities that we use to experience the world around us (the neuro linguistic programming). These modalities are also known as representational systems (rep systems) as they are the primary ways we represent, code, store and give meaning or language (linguistic) to our experiences.

For better understanding and preparing the essay follow links about representational systems

[https://en.wikipedia.org/wiki/Representational\_systems\_(NLP)](https://en.wikipedia.org/wiki/Representational_systems_%28NLP%29)

<https://excellenceassured.com/nlp-training/nlp-certification/representational-system>

<https://youtu.be/KV_uvhOTffg>