

THE PROCESSING MODALITIES CHART

Modality	Description	What You Will Notice	Physical Locations
Visual	Seeing	<ul style="list-style-type: none"> • Takes in the environment & objects • Values a pleasing visual environment • Uses charts, symbols or images 	Eyes Visual processing center
Auditory	Hearing	<ul style="list-style-type: none"> • Focuses by listening • Appreciates and notices sounds, music • Audio info (books on tape) 	Ears Auditory processing ctr. Language areas in brain
Kinesthetic	Moving Engaging the whole body	<ul style="list-style-type: none"> • Understands by doing, practicing • Focuses by moving • Has spatial understanding – floor plans, maps, distances 	Muscles and bones (and the related nerve and brain centers)
Tactile	Touching Using the hands	<ul style="list-style-type: none"> • Understands or focuses while touching, writing, doodling, chewing 	Skin, fingers and tongue
Taste & Smell	Responding to odor or taste	<ul style="list-style-type: none"> • Drawn to scents • Uses aromatherapy • Attached to caffeine or chocolate • Reacts to air-born substances 	Nose, mouth, and olfactory centers
Verbal	Both	<ul style="list-style-type: none"> • Skilled & enthusiastic about language 	Language areas in brain
	Oral: Speaking, Conversing	<ul style="list-style-type: none"> • Gains clarity by finding the words • Integrates by talking things through • Learns/understands through dialogue 	Auditory processing ctr. Voice box Ears (hands, eyes)
	Written: Reading Writing	<ul style="list-style-type: none"> • Good reading comprehension • Works off lists • Writes to make decisions, sort feelings 	Hands Eyes
Emotional	Motivated by feelings & connectedness	<ul style="list-style-type: none"> • Values relationships of all kinds • Motivated by passionate human values • Has abundant sentimental attachments 	Heart and stomach (often) Emotional centers in brain
Cognitive	Understanding Mental knowing	<ul style="list-style-type: none"> • Anchored by principles, science • Interested in the reasoning behind different choices • Demonstrates a strong thinking style (global, sequential, right/wrong, etc.) 	The brain (and sometimes particular areas in body)
Intuitive	Perceiving spontaneous awareness	<ul style="list-style-type: none"> • Believes without proof or explanation • Attends to an inner voice or inner eye • Benefits from time in prayer, nature or meditation 	The brain, body (and the space around it) [Spirit, heaven, etc.]

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Identify & Use Specific Strengths for Better Functioning, Ease and Effectiveness – and Less Frustration