

Sensory Expressions:

An extensive, yet utterly incomprehensive, list of VAK words and phrases.

This document supports *Lessons from the Parrot: Irresistible Language*, which is Species Spotlight #4 of the Critter Lessons Series, by Russ McNeil.

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Document Map (page numbers)

	Individual words	Multi-word expressions
Visual	2	3-4
Auditory	5	6-7
Kinesthetic	8	9-10



See / Visual (V)—Individual Words			
Aim	Envision	Invisible	Reveal
Analyze	Examine	Iridescent	Scan
Appear	Fade	Light	Scene
Behold	Focus	Likeness	Scope
Blank	Foggy	Look	Scrutinize
Blind	Foresee	Luminous	See
Blur	Gaze	Luster	Sharp
Blush	Glance	Mirage	Shiny
Bright	Glare	Murky	Show
Brilliant	Gleam	Notice	Sight
Clarify	Glimmer	Obscure	Sketchy
Clarity	Glimpse	Observe	Sparkle
Clear	Glisten	Obvious	Spot
Cloudy	Glitter	Opaque	Stare
Color	Glow	Outlook	Study
Colorful	Gorgeous	Oversee	Sunny
Conspicuous	Hazy	Panorama	Survey
Crystal	Horizon	Pattern	Transparent
Dark	Idea	Perception	Vague
Dawn	Illuminate	Perspective	View
Dim	Illusion	Picture	Visible
Display	Illustrate	Pinpoint	Vision
Distinguish	Imagine	Portray	Vista
Draw	Insight	Pretty	Watch
Dream	Inspect	Reflect	Witness

See / Visual (V)—Expressions & Phrases

Every cloud has a silver lining	Your name in lights
Keep your eye on the prize	Catch someone's eye
Warts and all	Apple of your eye
Judge a book by its cover	Looks like
A dim view	Clear-cut
Rose-colored glasses	The spitting image
Nice to see	Take a closer look
I see what you mean.	It's not black and white
Keep an eye out	Keep an eye on
In your mind's eye	[...] looks good to me
Mental image	In your mind's eye
It's not clear to me yet	Have a clear picture
Feast for the eye	Sight for sore eyes
Shed some light on [...]	What a dark subject!
Tunnel vision	Take a peek at
Paint a picture	The naked eye
Let me have a look	He has an eye for [...]
To get a glimpse of	Look back on this and laugh
From my vantage point [...]	[...] for all to see
Look down on someone	As far as I can see
Blind as a bat	Arm candy
Plain to see	Blinded by love
See eye-to-eye	Light at the end of the tunnel
Appears to be	Do you feel called to [...]
White elephant	Handwriting on the wall

See / Visual (V)—Expressions & Phrases (continued)	
Paint a rosy picture	Pale as a ghost
[...] is staring in my face	Read between the lines
At first sight	A picture's worth a thousand words
With an eagle eye	Black sheep
Your true colors	A pretty penny
I had a blackout	A dirty look
To see through something	Look a gift horse in the mouth
In the light of...	Eagle-eyed
See a bright spot	Give the green light
Short-sighted	In broad daylight
Bird's eye view	In the blink of an eye
A glimmer of hope	In the crosshairs (targeted)
Well, I can see that [...]	In the limelight/spotlight
Window dressing	In the red (losing money)
In the black (making money)	Keep your eyes peeled
Look the other way	Lose sight of
Pass with flying colors	Puppy dog eyes
Putting lipstick on a pig	Raise a red flag
Red herring	Wave a checkered flag
Red tape	Take a gander
Turn a blind eye	The coast is clear
30,000-foot view	[to] Catch someone's eye
Ugly duckling	Where there's smoke, there's fire
In light of	Make light of
See the light	A ray of sunshine

Hear / Auditory (A)—Individual Words

Announce	Enunciate	Pronounce	Sound
Articulate	Exclaim	Racket	Speak
Ask	Explosive	Recite	Speechless
Audible	Gossip	Remark	Squeak
Bellow	Grunt	Repeat	Squeal
Blaring	Harmony	Report	State
Boisterous	Hear	Resonate	Swear
Buzz	Holler	Reverberate	Symphony
Cacophony	Honk	Rhythm	Talk
Call	Hush	Ring	Tell
Chime	Laugh	Roar	Thunder
Chirp	Lecture	Rumble	Tick
Chuckle	Listen	Rumor	Tone
Clamor	Loud	Rustle	Trumpet
Clatter	Melody	Say	Tune
Communicate	Mention	Scream	Utter
Converse	Moan	Screech	Voice
Cry	Monotone	Shout	Vow
Curse	Muffled	Sigh	Wail
Deaf	Music	Shrill	Weep
Discuss	Noise	Silence	Whine
Dissonant	Outspoken	Snicker	Whisper
Divulge	Pop	Snore	Whimper
Earshot	Preach	Snort	Yak
Echo	Proclaim	Splash	Yell

Hear / Auditory (A)—Expressions & Phrases

You could hear a pin drop	[...] cries out for a new solution
[it's] always the same old story	Cry over spilled milk
Barking up the wrong tree	A man of few words
Tongue-tied	Inquire into
Express yourself	I'm all ears
Music to my ears	Falling on deaf ears
Lend me an ear	Loud and clear
Voiced your opinion	Jazz it up
Quiet as a mouse	Strike a chord
[...] rings a bell	Tone-deaf
Spill the beans	Got it for a song
Zip it! (be quiet)	Have your say
Heard through the grapevine	All the bells and whistles
Blow your own trumpet	Sound the alarm
With bells on	Preaching to the choir
Face the music	Tight-lipped
The walls have ears	Tongue-in-cheek
Cat got your tongue	Find your voice
A little birdie told me	Swan song
Get an earful	Blow the whistle
A real chatterbox	Word-of-mouth
Purrs like a kitten	Call a spade a spade
Clear as a bell	Crickets (silence)
Snoring like a freight train	For cryin' out loud

Hear / Auditory (A)—Expressions & Phrases (continued)	
My dogs are barkin' (feet are hurting)	Not a prayer (no chance)
Play it by ear	Put words in your mouth
Put your foot in your mouth	Put your money where your mouth is
Quote [...] unquote	Raise your voice
All the buzz (what everyone's talking about)	Sing to a different tune
Steal your thunder	Trash talk
Whistling "Dixie"	You can say that again
You snooze you lose	In one ear and out the other
Toot your own horn	A voice crying in the wilderness
It's all Greek to me	Face the music
Hold your tongue	Button your lip
Silence is golden	Pipe down
Bite your tongue	Mark my words
So to speak	Famous last words
Slip of the tongue	Eat my words
Speak too soon	Speak of the devil
On the tip of my tongue	Pay lip service
In the same breath	Have the last laugh
Give an account of	Hidden message
Drone on and on	Report back on
Spread the word	For all to hear
On another note	On the same wavelength
Living in harmony	Humming with activity
Turning a deaf ear	Ended with a bang
Suddenly, it just clicked	Something tells me that isn't right

Touch / Kinesthetic (K)—<i>Individual Words</i>			
Absorb	Grasp	Pliable	Stiff
Active	Grip	Powerful	Stir
Affected	Grope	Pressure	Stitch
Agitate	Hammer	Prickly	Stout
Bearable	Handle	Push/pull	Stress
Callous	Hanging	Rebound	Structure
Calm	Hard	Relax	Suffer
Charge	Hassle	Resist	Support
Clumsy	Heated	Rough	Swelling
Concrete	Heavy	Rush	Tap
Cut	Hold	Scrape	Tense
Depth	Hunch	Seize	Tension
Dry	Hurt	Sensation	Tie
Effort	Hustle	Sensitive	Tight
Embrace	Impulse	Set	Tired
Emotional	Involve	Shallow	Throb
Experience	Lukewarm	Shake	Touch
Ecstatic	Lumpy	Shift	Unfeeling
Feel	Motion	Shock	Velvety
Firm	Move	Sit	Weak
Flexible	Muddled	Smooth	Wear
Flow	Mushy	Soft	Weary
Fluffy	Pain	Solid	Wet
Flush	Panicky	Sore	Whip
Foundation	Penetrate	Stand	Wrestle

Touch / Kinesthetic (K)—<i>Expressions & Phrases</i>	
Throw in the towel	Move up in the world
Blow off steam	Cool your heels
To carry a burden	A hard nut to crack
At a snail's pace	She's as cold as ice
Burn a candle at both ends	Thumbs up
Raise the bar	Give and take
Dig your own grave	Drive me up the wall
Jump through hoops	Hit the road
Make ends meet	Kicked to the curb
Hit a wall	I'll be in touch
Race against time	Scare the pants off
Pain in the neck	Tie the knot
Back against the wall	Waste away
Quake in your boots	Off the hook
Waiting for it to kick in	Start from scratch
Come to grip with	Get a grip
Claw your way out	Give it a whirl
Take the wheel	Kiss and make up
A strange vibe	Put out some feelers
Hit the nail on the head	Mark the spot
Swimming without straps	Always keep the door open
A stab in the back	Put my finger on it
Something to hold on to	Slipped my mind
Toss it out	Slipped thru my fingers
Nail it down	Pulling my leg

Touch / Kinesthetic (K)—Expressions & Phrases (continued)	
Knock it out of the park	Hammer out the details
Keep in touch	Put the brakes on
[...] as far as I can throw 'im	Tighten your belt
Rub it in	Busy as a bee
On-the-fly	Bail out [of trouble]
Break the ice	Break-up [relationship]
Bone-dry	Wild goose chase
Take it to the bank	Pop the question
Go with the flow	Sleep like a log
A smooth operator	Behind the eight-ball
Take it on the chin	Tighten the screws
My hands are tied	Jump right in
A stone's throw	Strike it down
Beat around the bush	I'm not following you
A bump in the road	Hands down [no doubt]
Rock the boat	Well, don't that take the cake?
Stumbling block	Do ya feel me?
It takes two to Tango	Have a feel for it
As cool as a cucumber	Push her over the edge
Beat the pants off	Walking on eggshells
Hit rock bottom	If the shoe fits, wear it
Head in the sand	Lay a foundation for
Get your ducks in a row	Stand your ground
Hold your horses	Hold that thought
Captured my heart	Drop the ball