



### Synesthesia Self-Test

**Instructions:** Read each statement and select the option that best describes your experience.

No.	Questions	Never	Rarely	Sometimes	Often	Always
1	When I hear music, I often see colors or shapes.					
2	Certain words or sounds evoke specific tastes or smells for me.					
3	Numbers or letters have inherent colors in my mind.					
4	Touching different textures can bring to mind specific tastes or sounds.					
5	I associate specific personalities or emotions with particular colors.					
6	Certain sounds trigger vivid mental images or scenes.					
7	I experience involuntary sensations in one sense when another sense is stimulated.					
8	I have a strong emotional reaction (positive or negative) to specific colors or shapes.					
9	Visualizing numbers or dates in my mind's eye automatically involves seeing them in a specific color.					
10	I perceive time in a spatial or visual manner, such as seeing days of the week as arranged in a specific pattern.					



### Scoring:

- Never = 0 points
- Rarely = 1 point
- Sometimes = 2 points
- Often = 3 points
- Always = 4 points

### Interpretation:

- **0-20 points:** Your experiences are likely within the normal range, and you may not have synesthesia.
- **21-30 points:** You have some synesthetic tendencies, but they may not significantly impact your daily life.
- **31-40 points:** Your responses suggest a strong likelihood of synesthesia. Consider consulting with a specialist for further evaluation and understanding.

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