

LIVING WITH APHANTASIA

the inability to visualize



Approximately
~4%
of people live
with aphantasia

Many individuals **are not aware** they have aphantasia. They may discover they are unable to properly visualize around late adolescence or young adulthood.

Despite some researchers learning of this phenomenon since the 1800s, it was only recently given a name in 2015.

Visualization is a **SPECTRUM**



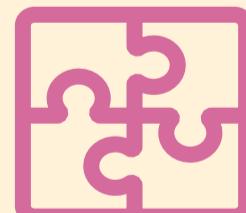
Some people can visualize nothing at all, while others can picture vague or fuzzy images, and some can visualize hyperrealistic images.

Aphantasia is
not limited **to the**
visual system

It can extend to being unable to imagine audio, smell, taste, touch, etc.

How do I know if I have aphantasia?

There are several different tests to evaluate the level of phantasia someone may have.



BIP (Imagination Perception Battery)
VVIQ (Vividness of Visual Imagery Questionnaire)
SUIS (Sponatenous Use of Imagery Scale)

For more information and resources visit:

aphantasia.com