



Grapheme Color Synesthesia

TOP 3 MYTHS

BUSTED

0 1 2 3 4 5 6 7 8 9 A B C D E F G H I J K L M N O P Q R T U V W X Y Z



Grapheme Color Synesthesia

Fact Sheet



What is it?

Color Grapheme synesthesia is when the perception of letters or numbers generates a concurrent perception of color.

For example, the letter A may be Red, B may be Blue, C green and so on.

MYTH: It is a disorder. No. There is no classification for Synesthesia in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders for Synesthesia.



How does it work?

The color associations for each letter and number do tend to be unique to the individual (no two people have the same set of combinations (not even identical twins) but some letters and numbers are associated more commonly with specific colors.

For example the letter O and the number 0 are often white or black. The letter L and the number 1 often Black. So the **MYTH** that everyone has the same colors and letters is not true.

4%

How common is it?

We have known for quite some time now that Grapheme color synesthesia is the most common type of synesthesia. So the **MYTH** that it is super rare is not really true.

About 4% of the population experience it, so it is not as rare as you might think. In fact, it is more common than having ginger hair. Other forms of synesthesia, such as music-color or mirror-touch synesthesia **ARE** much less common