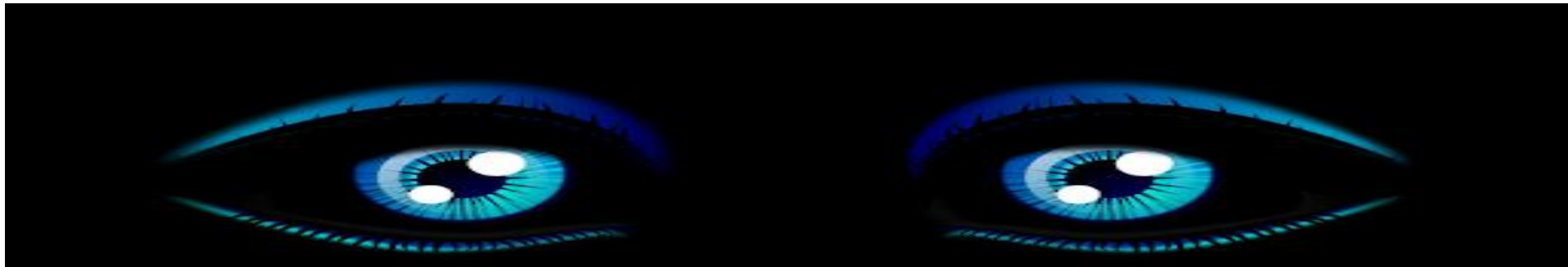


EXLPORING EYE ACCESSING CUES



LEFT SIDE AND RIGHT SIDE



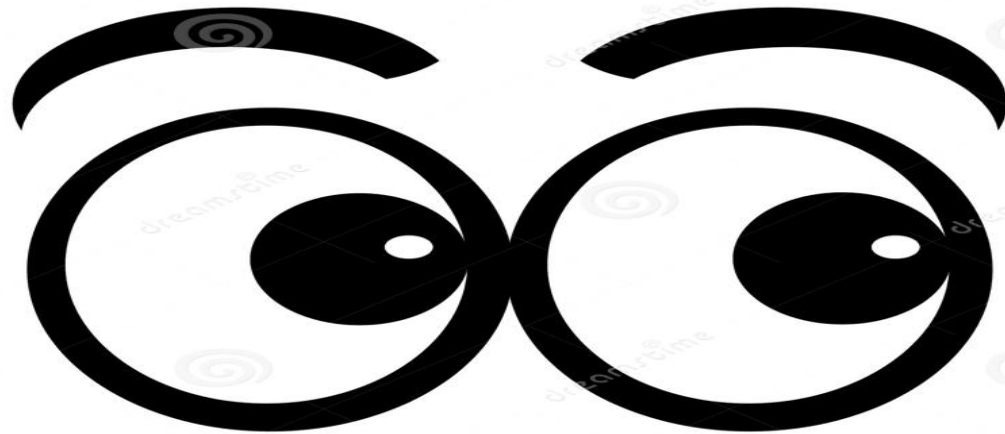
- HOW U R FEELING ?

- Emotional-Looking down is natural (honest).
- Rational- (looking up here and there) searching for the answer.

- LEFT side is for remembering/ recalling images
- RIGHT side is for construction images

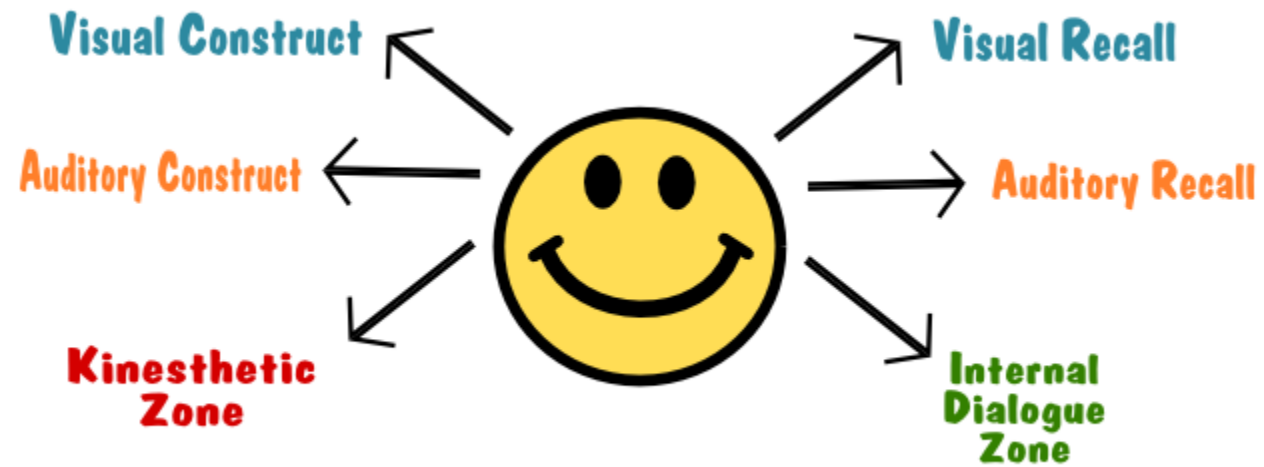
Left recalling images

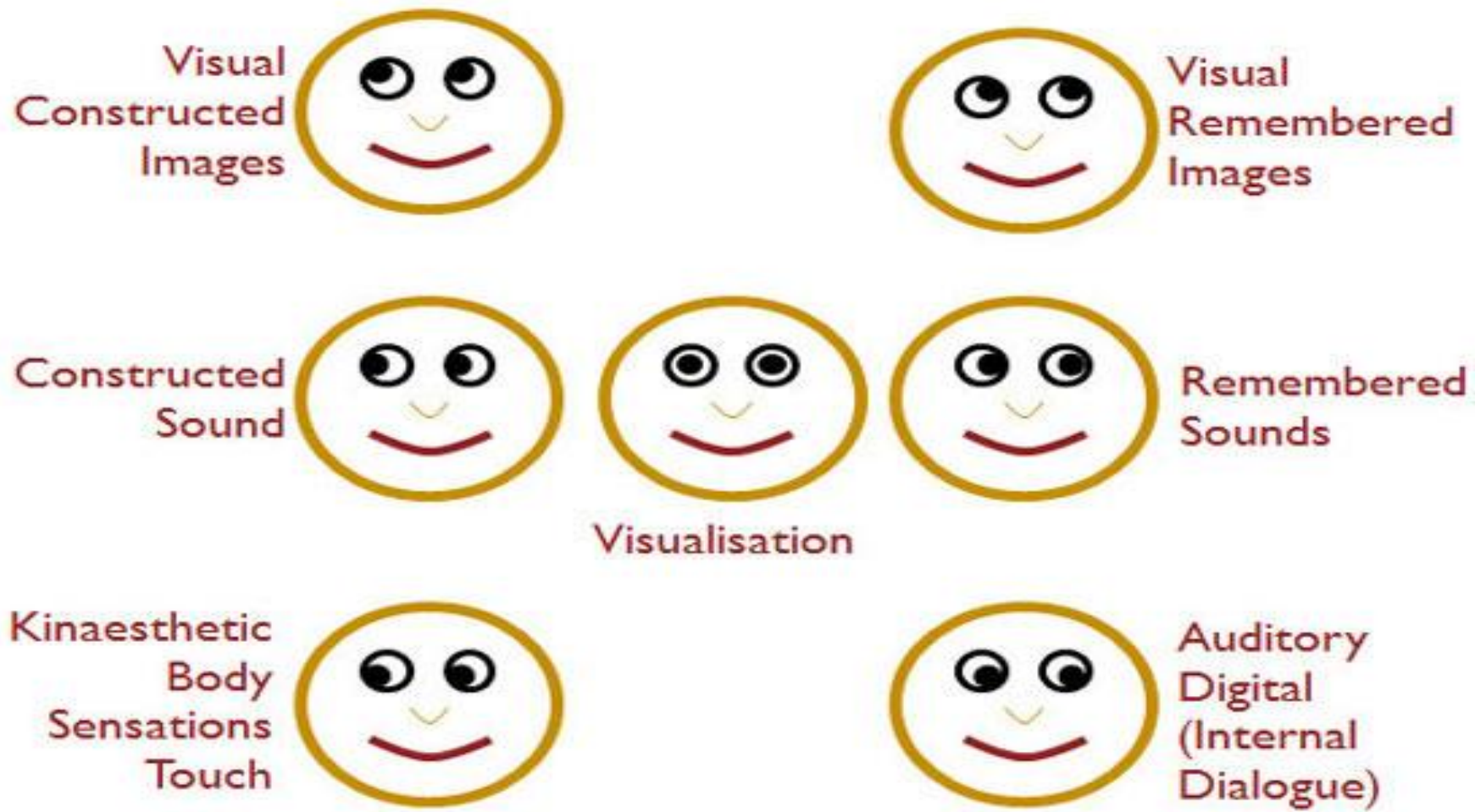
- Looking upward in left direction – visualizing and recalling images
- Looking left side- auditory recalling sounds
- Looking downward left – internal dialogue



Right constructing images

- Right side upward- visualizing construction of images “lying”
- Right side – construction sounds “does it sound right”
- Right side downwards- checking out feelings





- Eyes up and left= visual remembering
- Eyes up and right = visual constructing
- Eyes left= auditory remembering
- Eyes right= auditory construction
- Eyes down and left= internal dialogue
- Eyes down and right= checking out feelings

Visual remembered

- We tend to look up and left when we recall something that we've seen before.
- Q Think of a color of your 1st car
- Q who were the last 5 people you saw last night?

Visual constructed

- We tend to look up and to right when we're imagining something that we've never seen before or constructing visual information in a new way.
- Q what will you be doing in 24 hrs from now?

Auditory remembered

- We tend to look straight across towards our left ear when we're remembering something we've heard before.
- Q can you think of one of your top 3 fav songs?

Auditory constructed

- We tend to look straight across towards our right ear when we're imagining something we're imagining something we've never heard before.

Q what would your fav song sounds like if it was played backward?

Internal dialogue

- We tend to look down and to our left when we're talking to ourselves.
- Q what do you tell yourself when you make a mistake ?

Kinesthetic remembering

- We tend to look down and to the right when we recall tactile feelings or internal emotions.
- Q what does it feel like to stroke a dog?

Kinesthetic constructed

- Refers to tactile feelings as well as internal emotions e.g., sadness

Eye Accessing Cues



Unconscious eye movements that indicate the use of particular representational systems.

**Left-handed people typically follow a reversed pattern of eye movements.*