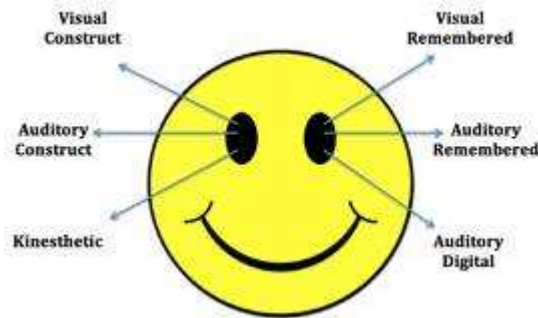


Eye accessing cues

These are the body-language clues as to how a person is thinking. The eye accessing cues are the directions in which they habitually look when they are thinking - or 'processing' information.



Try the game to see how the eyes move and what this means.

Three caveats:

- Many Nlp trainers now have removed the references to 'remembered' and 'construct' and simply refer to visual or auditory.
- The above scheme works best with right-handed people.
- You can only know *how* a person is thinking, not what they think.

Practice: Find a partner, ask the following questions and using the image above discover their eye patterns:

- What colour are your mother's eyes? / Is the school door made of glass or wood?
- Imagine a red elephant. / Think of yourself with green hair.
- Sing "Happy Birthday" in your head. / Remember the sound of a friend's voice.
- Think of your friend barking like a dog. / Think of a dog singing.
- Repeat the words of "La Bamba" in your head. / Say to yourself: "I like chocolate."
- Feel the sand on the beach. / How does it feel to be sad?