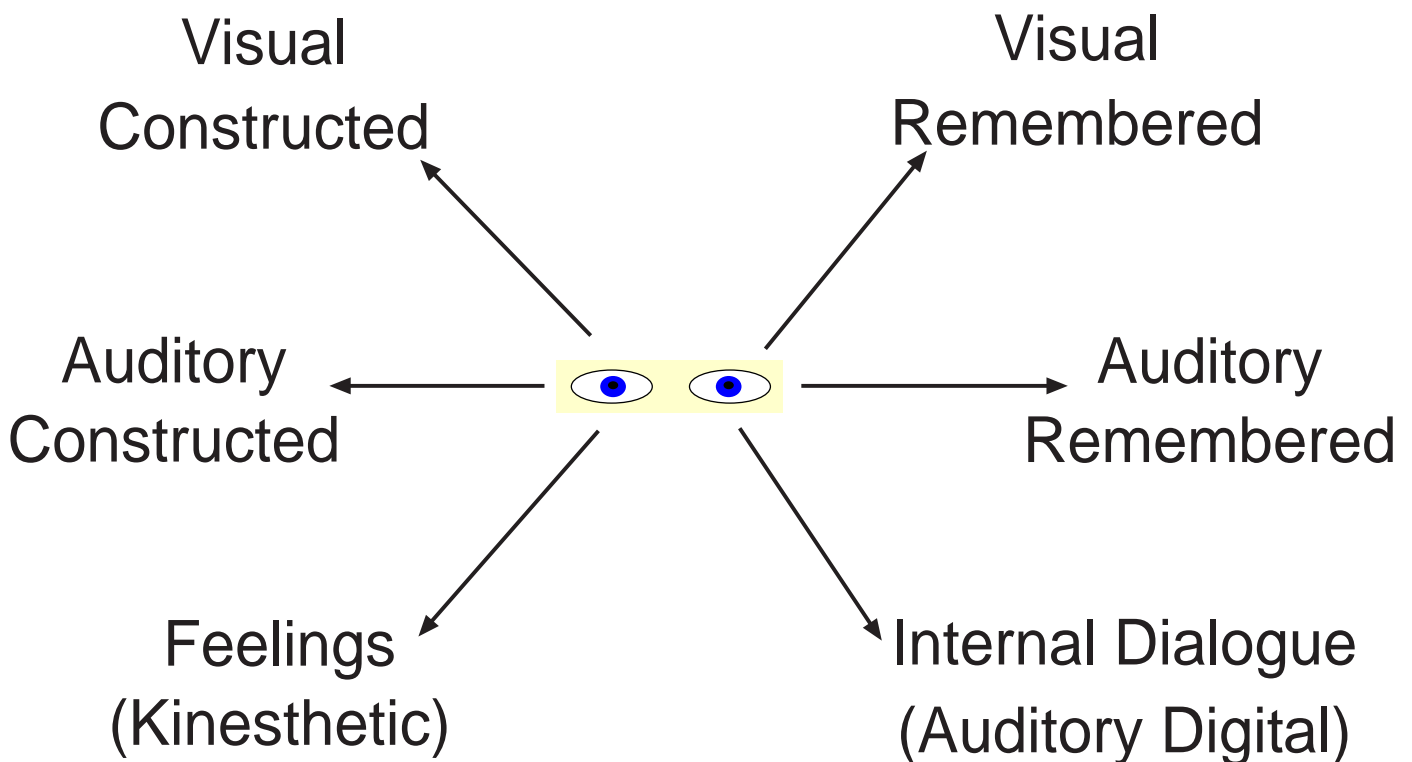


# Eye accessing cues

for a right handed person  
(as you look at them).



The above is for use as a guide only, an excellent way to understand this chart, is to have it to hand whilst watching television - chat shows are often a great source of unconscious accessing and gives you the opportunity to practice.

There are many factors affecting eye accessing, these are covered fully at the NLP Practitioner Course, though a few things to look out for are:-

Are they left handed? (The cues may be reversed.)

Do they look down to their left first? (They may be repeating what you said to them before responding.)

Do they seem to be "absent" after you ask them something? (They may be just de-focussing to access information.)

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