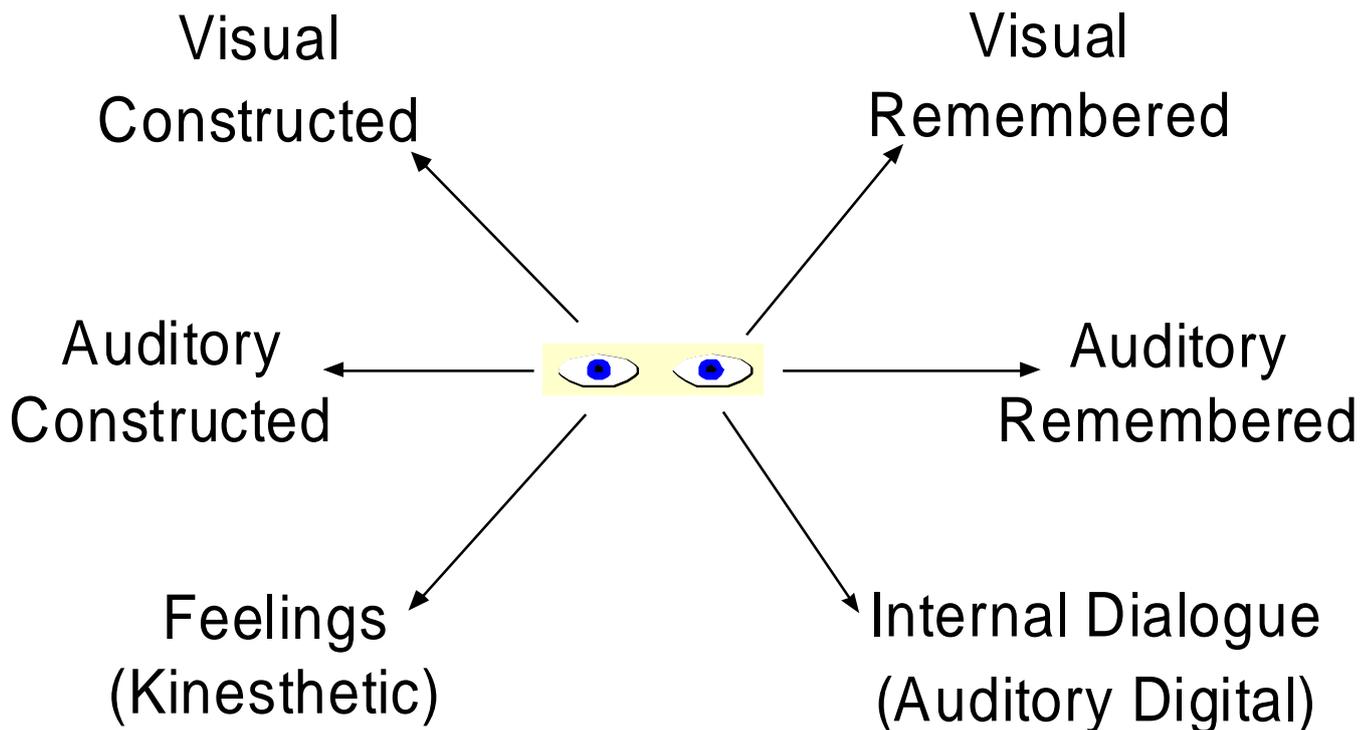




# Eye accessing cues

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.)



## Eye Accessing Questions

1. What colour is your favourite shirt?
2. When was the last time you saw your signature?
3. How did the last piece of music you heard sound?
4. Can't you differentiate between a dog barking and a cat whining?
5. What does your car look like?
6. How does laughing feel?
7. Describe the contents of a room you would like to create?
8. Imagine yourself ten years from now.
9. Who did you speak to the last time you were on the telephone?
10. Are your feet warm now?
11. How does it feel to slip on ice?
12. What does your favourite person's voice sound like?
13. Imagine a green dog with red stripes.
14. Which side of your front door is the knob on?
15. How would the Beatles sound singing "Happy Birthday"?
16. When you're upset, who makes you feel better?
17. Say/sing your name backwards.
18. Describe what a goat would look like with the head of a dog?
19. Can you remember how you felt the last time someone you disliked complimented you?
20. Can you feel your feet in your shoes?
21. What does it feel like to be wet?
22. Can you see yourself the last time you got caught in the rain?