

# Eye Cues and VAK accessing

Visual Constructed



Visual Remembered



Visual Remembered



Auditory Constructed



## Eye Accessing Cues

Some studies and a large amount of anecdotal evidence suggest that when we remember a sight, sound or feeling, we look up, sideways or down respectively. A preference for looking in a certain direction when we remember things can be a clue into a preferred sensory preference.

Here's a good test to find out a person's preference: Ask the person a question where they have to recall information, and then watch their eyes.

Some observations also indicate that the left or right direction may be accessing memories and its opposite might be creating a memory. Using the test above, note the direction they look when remembering something. Once you have determined whether they look to the right or left to remember, there is another use for eye cues. If someone looks in the opposite side from their memory accessing side they may be making something up. This provides a quick, though not definitive way of telling if someone is about to tell you a lie.

This guide is set up for you to identify the most common calibration of eye accessing cues. It is oriented as to what you will see if you look at the eyes of a person.

Auditory Remembered



Kinesthetic



Internal Dialog



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Food Safety Auditing and Consulting Specialists

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