

Representational Systems Indicated by Eye Position

Eyes Up and Left: Non-dominant hemisphere visualisation - i.e., remembered imagery (Vr).

Eyes Up and Right: Dominant hemisphere visualisation - i.e., constructed imagery and visual fantasy (Vc).



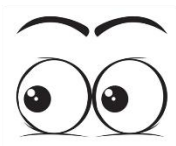
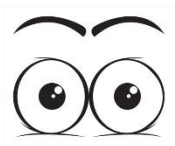
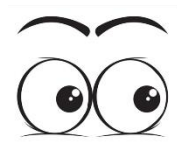


Eyes Lateral Left: Non-dominant hemisphere auditory processing - i.e., remembered sounds, words, and "tape loops" (Ar) and tonal discrimination.

Eyes Lateral Right: Dominant hemisphere auditory processing - i.e., constructed sounds and words (Ac).

Eyes Down and Left: Internal dialogue, or inner self-talk (Ad).

Eyes Down and Right: Feelings, both tactile and visceral (K).

Eyes Straight Ahead, but Defocused or Dilated: Quick access of almost any sensory information; but usually visual.

	Right		Left	
Constructed Visual				Remembered Visual
Constructed Auditory				Remembered Auditory
Kinaesthetic				Auditory Digital

Observe your partner's eye movements. Using the instructions below, keeping track of your partner's eye movements by marking the section of the grid that represent the sequence of positions you observe.

1. Visual Remembered:

Think of:

- the colour of your car.
- the pattern of your duvet.
- the last time you saw someone cooking.
- the first five people you saw today.

2. Visual Construction:

Imagine:

- viewing yourself from an aerial point about six feet above you, then see yourself duplicated and transform into a forest of trees.
- an animal that's half lion; half bird.

3. Auditory Remembered:

Think about:

- one of your favourite songs.
- the sound of clapping.
- how your car engine sounds.

4. Auditory Constructed:

Imagine:

- the sound of a child's laughter transforming into sound of rain falling on a tin roof.
- the sound of a saxophone and the sound of your friend's voice at the same time.

5. Auditory Digital (Internal Self Talk):

Concentrate on:

- the sound of your own inner voice.
- how do you know it's your voice?
- in what circumstances you would say you most often talk to yourself?
- the kind of things you most often say to yourself.

6. *Kinaesthetic Remembered (Tactile):*

Think back to:

- the last time you felt really wet.
- the feelings of snow in your hands.
- what a pinecone feels like.
- the last time you touched something very hot.
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(Visceral/Emotional)

- a time you felt satisfied about something you completed.
- what it feels like to be exhausted.
- the last time you felt impatient.

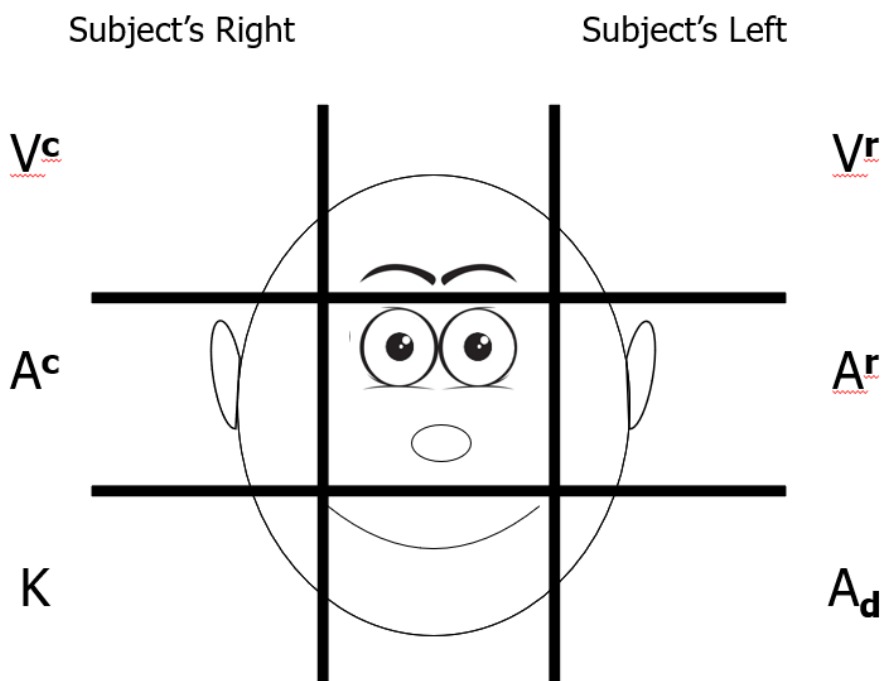
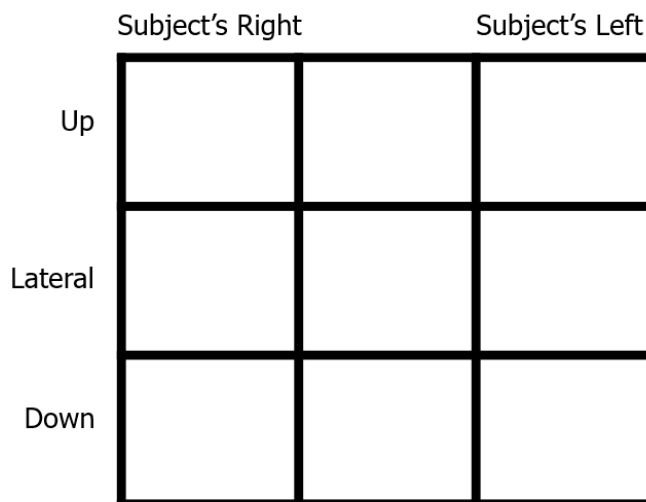
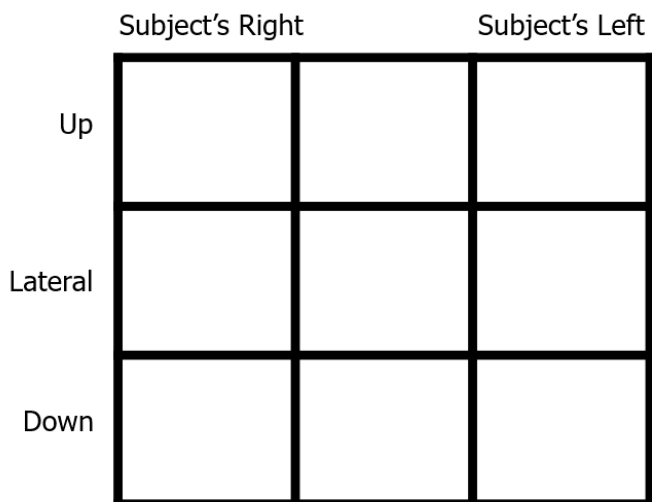
7. *Kinaesthetic Construction (Tactile):*

Imagine:

- the feeling of something sticky turning into sand shifting between your fingers.
- the feelings of cat's fur turning into the sensation of runny cream.

(Visceral/Emotional)

- the feelings of frustration moving to a feeling of great motivation and action.
- feeling bored evolving into feeling sanguine over feeling bored.



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