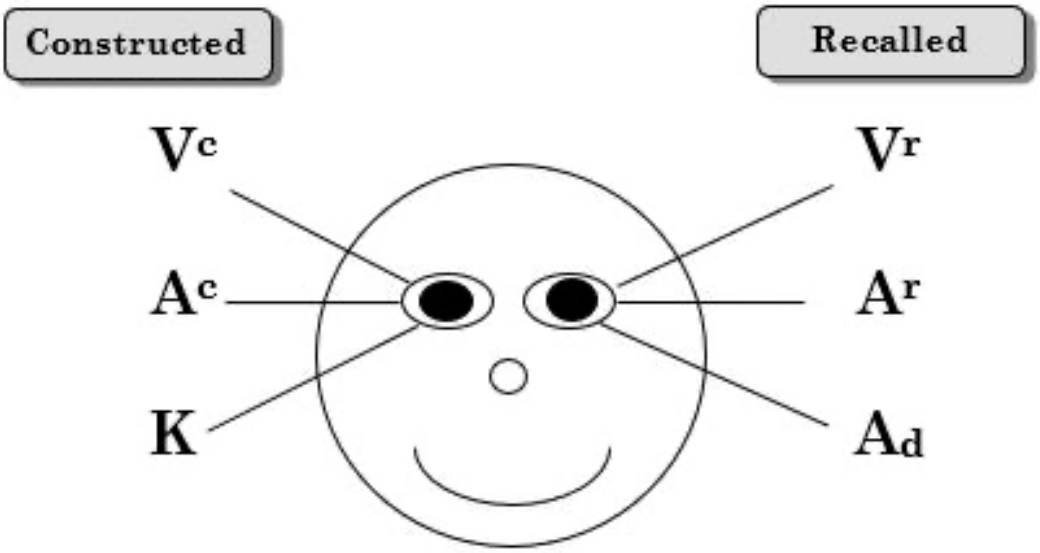
EYE PATTERN CHART

AS YOU LOOK AT THE PERSON



V^c = Visual Constructed

V^r = Visual Remembered/Recalled

A^c = Auditory Constructed

A^r = Auditory Remembered/Recalled

K = Kinesthetic (Feelings)

A_d = Auditory Digital (Self-talk)

Make sure to run a tracking test before trying to discover eye patterns to be sure they can access all points.

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EYE PATTERN QUESTIONS

(Run a tracking test first. Note: Some people access V^r, A^r, A_d or K by defocusing.)

V^r: Visual Remembered/Recalled: Seeing images from memory, recalling things they have seen before.

QUESTION: "What was the color of the room you grew up in?" "What color was the first car you ever owned?"

V^c: Visual Constructed: Images of things that people have never seen before. When people are making it up in their head, they are using visual constructed.

QUESTION: "What would your room (car) look like if it were blue?"

A^r: Auditory Remembered/Recalled: When you remember sounds/voices that you've heard before, or things that you've said to yourself before.

QUESTION: "Growing up, did you have a favorite pet? What was the sound of your pet's voice?" "What was the very last thing I said?" "Can you remember the sound of your mother's voice?"

A^c: Auditory Constructed: Making up sounds you have not heard before.

QUESTION: "What would I sound like if I had Donald Duck's voice?"

A_d: Auditory Digital: This is where your eyes go when you are talking to yourself — internal dialogue.

QUESTIONS: "Can you recite your national anthem to yourself?" "Is there a poem from grade school that you remember?" "Can you say the Times Tables for 7 to yourself?"

K : Kinesthetic: (Feelings, sense of touch.) Generally, you look in this direction when you are accessing your feelings.

QUESTION: "Do you have a favorite beach or place in the outdoors to walk? What does it feel like to walk there without shoes?" "What does it feel like to touch a wet rug?"

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