

THE MEANING OF EYE MOVEMENT

STRAIGHT AHEAD

Defocused

The clue as to whether this is remembered or constructed can be determined by how the weight is distributed in the rest of the body: to the left and it is remembered, to the right and it is constructed.



EYES UP AND LEFT (Your Left)

Visual Remembered

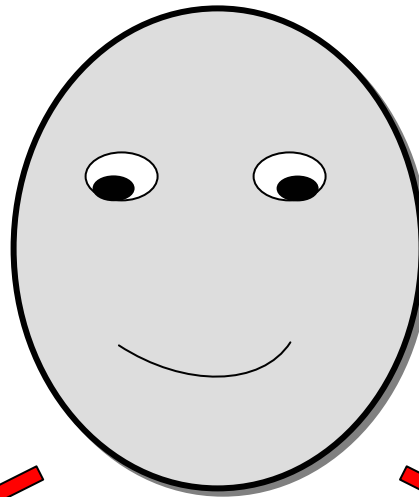
This is where we look when we are remembering images we have seen before, e.g., the face of our partner, the last place we went on holiday, our workplace, what we did yesterday.



EYES UP AND RIGHT (Your Right)

Visual Constructed

This is where we look when we are constructing images we have not seen before, e.g., ourselves in a location we have always dreamt of but never been to, a colleague with an expression on their face we have never seen, our home redesigned.



EYES SIDE AND LEFT (Your Left)

Auditory Remembered

This is where we look when we are remembering sounds that we have heard before, e.g., a favorite piece of music, the sound of a friend's voice.



EYES SIDE AND RIGHT (Your Right)

Auditory Constructed

This is where we look when we are creating a sound that we have never heard before, e.g., someone we know speaking in a completely different tone of voice.



EYES DOWN AND LEFT (Your Left)

Auditory Digital, Inner Dialog

This is where we look when we are having a conversation with ourselves or asking questions in our heads.



EYES DOWN AND RIGHT (Your Right)

External Feelings and Emotions

When we experience feelings, this is where we look.

