

Submodalities Worksheet

	1	2	3	4
Visual				
Black & White or Color?				
Near or Far?				
Bright or Dim?				
Location?				
Size of Picture?				
Associated / Dissociated?				
Focused or Defocused?				
Focus (Changing/Steady)				
Framed or Panoramic?				
Movie or Still?				
Movie-Fast/Normal/Slow				
Amount of Contrast				
3D or Flat?				
Angle Viewed From				
# of Pictures (Shift?)				
Auditory	What sounds are important?			
Location				
Direction				
Internal or External?				
Loud or Soft?				
Fast or Slow?				
High or Low? (Pitch)				
Tonality				
Timbre				
Pauses				
Cadence				
Duration				
Uniqueness of Sound				
Kinesthetic	What feelings are important?			
Location				
Size				
Shape				
Intensity				
Steady				
Movement/ Duration				
Vibration				
Pressure/Heat?				
Weight				