

## Submodalities checklist

<b>Visual Submodalities</b>	Yes/No	Remarks
Framed or panoramic		
Near or far		
Flat or 3D		
Clear or Fuzzy		
Color or Black & White		
Still or Movie		
Associated or Dissociated		
Focused or Defocused		
Bright or Dim		
Center, Left or Right		
<b>Auditory Submodalities</b>		
Direction of sound		
Duration of Sound		
Volume High/low		
Pitch High/low		
Tempo Fast/Slow		
Internal or External		
Rhythm Regular or irregular		
<b>Kinaesthetic Submodalities</b>		
Pressure		
Smoothness		
Roughness		
Hard/Soft		
Shape		
Movement fast/slow		
Internal/External/Vibrating		
Feeling		