

# List of Submodalities

This is not a full list of Submodalities. These are important distinction, but there are others that you can become curious about finding...

## **VISUAL Submodalities**

Colour or Black and White

Still or Moving

3D or flat

Brightness is it bright or dim

Focus is it in focus or out of focus

Size is it big, small, medium...

Distance how close it the image

Shape what shape is the image

Border does it have a border

Location is it close to you or...

Associated or Disassociated are you in the image or do you see yourself in it?

Larger than life or smaller than life size

Singular or multiple images

## **AUDITORY Submodalities**

Location of the sound

Pitch is it High or low

Tonality of the sound

Volume

Tempo is it fast or slow

Rhythm

Source of sound

One sound or more

## **KINESTHETIC Submodalities**

Location: Where in your body do you feel it?

Direction of the movement

Speed how fast does it move

Is it warm or cold

Pressure