

Submodalities Checklist

Three29

Visual	1		2		3		4		
Black & White or Color	B/W	Color	B/W	Color	B/W	Color	B/W	Color	
Near or Far	Near	Far	Near	Far	Near	Far	Near	Far	
Bright or Dim	Bright	Dim	Bright	Dim	Bright	Dim	Bright	Dim	
Location									
Size of Picture									
Associated / Dissociated	Assoc	Dissoc	Assoc	Dissoc	Assoc	Dissoc	Assoc	Dissoc	
Focused or Defocused	Foc	Def.	Foc	Def.	Foc	Def.	Foc	Def.	
Focus (Changing/Steady)	Chng	Steady	Chng	Steady	Chng	Steady	Chng	Steady	
Framed or Panoramic	Frame	Pan	Frame	Pan	Frame	Pan	Frame	Pan	
Movie or Still	Movie	Still	Movie	Still	Movie	Still	Movie	Still	
Movie: Fast/Normal/Slow	Fast	Nor	Slo	Fast	Nor	Slo	Fast	Nor	Slo
Amount of Contrast									
3D or Flat	3D	Flat	3D	Flat	3D	Flat	3D	Flat	
Angle Viewed From									
# of Pictures (Shifting)									
Auditory Are there any sounds that are important?									
Location									
Direction									
Internal or External	Int	Ext	Int	Ext	Int	Ext	Int	Ext	
Loud or Soft	Loud	Soft	Loud	Soft	Loud	Soft	Loud	Soft	
Fast or Slow	Fast	Slow	Fast	Slow	Fast	Slow	Fast	Slow	
High or Low (Pitch)	High	Low	High	Low	High	Low	High	Low	
Tonality									
Timbre									
Pauses									
Cadence									
Duration									
Uniqueness of Sound									
Kinesthetic Are there any feelings that are important?									
Location									
Size									
Shape									
Intensity 0-10									
Steady									
Movement									
Vibration									
Pressure/Heat									
Weight									