

SUBMODALITY CHECKLIST

<b>Visual – everything that you can see</b>	<b>Memory</b>	<b>Now</b>
Associated – are you yourself? Disassociated – do you see yourself in the situation?		
Framed/Panoramic view of the situation?		
3D/Flat – is the memory 3D or a Flat image?		
Colour or Black & White?		
Bright or Dim?		
Contrast – how much contrast is there?		
Intensity – low or high		
Focussed or unfocussed?		
Still/Motion – is the image still or moving?		

<b>Auditory – everything that you can hear</b>	<b>Memory</b>	<b>Now</b>
Volume – silence or do you hear things?		
Tempo – how fast is everything moving (if you had motion to it)		
Tonality – what is the tonality of the memory? Harsh or friendly?		
External/Internal – are the noises that you hear external or inside of you?		
Number of sources – how many sources make the noise?		

<b>Kinaesthetic – everything that you can feel</b>	<b>Memory</b>	<b>Now</b>
Temperature – hot, cold, warm...?		
Vibration – can you feel any vibration? How intense is it?		
Weight – do you feel heavy or light?		
Size – how tall or small do you feel?		
Movement – can you feel any movement?		