

Submodalities Worksheet

Visual Submodalities

Describe What You See

Location

Color/B&W

Associated/Disassociated

Size: big/Small/In between?

2 or 3-Dimensional

Bright/Dark

Blinking in-and-out or Steady On

Still Photo or Moving

Does it have a Shape

Framed or Panoramic

Focused or Fuzzy

Auditory Submodalities

Describe What You Hear

Location

Words or sounds

Volume

Tone

Pitch

Mono/Stereo

Constant/Intermittent

Rhythm or Tempo

Kinesthetic Submodalities

Describe What You Feel

Location

Shape

Texture

Pressure

Temperature

Size

Quality

Intensity

Still/Moving

Constant/Intermittent