

SUBMODALITIES CHECKLIST

	#1	#2	#3
VISUAL			
Black and White or color			
Near or Far			
Bright or Dim			
Location			
Size of Picture			
Associated / Dissociated			
Focused or Unfocused			
Focus (Changing/Steady)			
Framed or Panoramic			
Movie or Still			
Movie – Fast/Normal/Slow			
Amount of Contrast			
3D or Flat			
Angle Viewed From			
AUDITORY			
Location			
Direction			
Internal or External			
Loud or Soft			
Fast or Slow			
High or Low Pitch			
Tonality			
Duration			
Uniqueness of Sound			
Quality: Clear or Muffled?			
Continuous or Discontinuous			
Rhythm			
KINESTHETIC			
Location			
Size			
Texture: Soft or Rough			
Intensity			
Movement / Spin			
Temperature – Hot or Cold			
Dry or Wet			
Pressure & Weight: Heavy or Light			

Explanation of How to Use Submodalities Checklist found in

<http://www.AttractionMindMap.com/reduce-junk-food-cravings-in-only-9-minutes>