



List of Sub-Modalities

Pleasant Experience

Unpleasant Experience

As you look at the internal image what do you see?:

Movie/snapshot?
Colour/black and white?
Close/far away?
Left/right/centre?
High/middle/low field of vision?
Seen subjectively through your eyes/
or objectively as an observer?
Framed/panoramic?
Bright/dim?
Focused/unfocused?

Movie/snapshot?
Colour/black and white?
Close/far away?
Left/right/centre?
High/middle/low field of vision?
Seen subjectively through your eyes/
or objectively as an observer?
Framed/panoramic?
Bright/dim?
Focused/unfocused?

As you listen to the internal movie what do you hear?:

Your own voice/voices of others?
Dialogue/monologue?
Are the sounds loud/quiet?
Varied inflections/monotone?
Rhythmic/staccato?
Is the tempo slow/rapid?
Do sounds come and go/
steady commentary?
What is the main thing you hear?
What are you saying to yourself?
What is someone saying to you?
What are you saying to someone?
Where is the sound located/where is
it coming from?

Your own voice/voices of others?
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is it coming from?

When you feel is it?:

Hard/soft?
Warm/cool?
Rough/smooth?
Flexible/ridged?
Solid/liquid?
Sharp/dull?
Sweet/sour?
Where is the feeling located in your
body?

Hard/soft?
Warm/cool?
Rough/sooth?
Flexible/ridged
Solid/liquid?
Sharp/dull?
Sweet/sour?
Where is the feeling located in your