|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **SUBMODALITY CHECK LIST** | **1** | **2** | **1** | **2** |
| **VISUAL – bring the image up? Is it?** | | | | |
| Black & white or colour |  |  |  |  |
| Near or Far |  |  |  |  |
| Location? |  |  |  |  |
| Size of picture |  |  |  |  |
| Associated/ Dissociated? |  |  |  |  |
| Focussed or Defocussed? |  |  |  |  |
| Focus (Changing or steady?) |  |  |  |  |
| Movie or Still |  |  |  |  |
| Movie – Fast / Normal/Slow |  |  |  |  |
| Amount of contrast |  |  |  |  |
| 3D or Flat |  |  |  |  |
| Angle viewed from |  |  |  |  |
| Number of Pictures? |  |  |  |  |
| **AUDITORY – are there any sounds that are important?** | | | | |
| Location |  |  |  |  |
| Direction |  |  |  |  |
| Internal or External? |  |  |  |  |
| Loud or Soft? |  |  |  |  |
| Fast or Slow? |  |  |  |  |
| High or Love Pitch |  |  |  |  |
| Tonality |  |  |  |  |
| Timbre (metallic or not) |  |  |  |  |
| Pauses |  |  |  |  |
| Duration |  |  |  |  |
| Uniqueness of sound |  |  |  |  |
| **KINESTHETIC – are there any feelings that are important?** | | | | |
| Intensity? |  |  |  |  |
| Location? |  |  |  |  |
| Size? |  |  |  |  |
| Shape? |  |  |  |  |
| Steady? |  |  |  |  |
| Movement? |  |  |  |  |
| Duration? |  |  |  |  |
| Vibration? |  |  |  |  |
| Pressure? |  |  |  |  |
| Temperature? |  |  |  |  |
| Heat? |  |  |  |  |
| Weight? |  |  |  |  |