

Submodalities Checklist	100% True Belief	100% Untrue Belief	Limiting Belief	Empowering Belief
Visual				
Black & White or Color				
Near or Far				
Bright or Dim				
Location				
Size of Picture				
Associated / Dissassociated				
Focused or Defocused				
Focus Changing or Steady				
Framed or Panoramic				
Movie or Still				
Movie: Fast/Normal/Slow				
Auditory				
Location				
Direction				
Internal or External				
Loud or Soft				
Fast or Slow				
High or Low (Pitch)				
Tonality				
Timbre				
Pauses				
Cadence				
Duration				
Uniqueness of Sound				
Kinesthetic				
Location				
Size				
Shape				
Intensity 0-10				
Steady				
Movement				
Vibration				
Pressure / Heat				
Weight				