

## Submodality Distinctions

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### **Visual Submodalities**

**Describe what you see in your mind**

Location in space  
Color or B&W  
Associated/Dissociated  
Big or small  
Flat or 3-D  
Bright or Dark  
Blinking or Steady On  
Near or Far away  
Still or moving picture  
Framed or Panoramic  
Focused or Fuzzy

### **Auditory Submodalities**

**Describe what you hear in your mind**

Location in space  
Words or sounds  
Volume  
Tone  
Pitch  
Mono/Stereo  
Constant/Intermittent  
Rhythm or Tempo  
Other sound distinctions

### **Kinesthetic Submodalities**

**Describe what you feel in your body**

Location in body  
Does it have a shape?  
Does it have texture?  
Do you feel pressure?  
Temperature  
Size  
Quality  
Intensity  
Still or Moving  
Pulsing/Throbbing  
Constant/Intermittent  
Other Sensations

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Notice that some of these distinctions are digital (either/or) or analog (a continuum or range of choices).