Sub-modalities

Submodalities are the building blocks of our Experience. Submodalities are the qualities or parameters of each sensory modality. They tell you how important a representation is and what response to have - so if you change the submodality codings you can change the response. Our five senses, or our representational system, are called Modalities. In NLP Sub-modalities are the special sensory qualities perceived by each of the five senses. The sub-modalities can be seen as the parameters of the modality.

VISUAL	1	2	3	4
Location				
Picture				
Movie				
Colour				
Black and White				
Bright or Dim				
Moving or Still				
Associated/Dissociated				
Freamed or Panoramic				
Contrast				
Focused/Defocused				
3D or Flat				
Solid or Transparent				

AUDITORY				
Location				
Direction				
Internal/External				
Loud or Soft				
Fast or Slow				
Pitch				
Tonality				
Rythem				
Cadence				
Duration				

KINAESTHETIC				
Location				
Size				
Shape				
Intensity				
Steady or Floating				
Movement or Durantion				
Vibration				
Pressure				
Hot or Cold				
Weight				

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