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			0	•	
Picture				1	~
Movie					1
Colour			1		1 C - 2
Black and White	~ \	1	and the second		-
Bright or Dim	MAN N	11	1 -		
Moving or Still		N. 77	1		
Associated/Dissociated		N 11 -	and and and a second	J J	
Freamed or Panoramic	1.7.1	NO11	1	1 1	
Contrast			· /	11	
Focused/Defocused			1	11	
3D or Flat	·		L	and a second	1
Solid or Transparent					
	Market and a second sec	~ J			-
AUDITORY		1 <]
Location		1 8.			
Direction			C 1		1
Internal/External		1 1 1		1 27 .	
Loud or Soft	1.50	1 ANY	1.1	1 1 m 1	
Fast or Slow	1		Se Se	X X X	
Pitch	and all	//	N. N.	N X X	1
Tonality			and the second se	Y Y	160
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Cadence			h in the second		
Duration					
KINAESTHETIC		1 1]
Location		1 1			
Size	1	N / / /	1		
Shape		N// 1	1		
Intensity		$\langle \vee \rangle = \langle \rangle$	(
Steady or Floating]
Movement or Durantion		· · · · ·			
Vibration		\cap]
Pressure					
Hot or Cold					
Weight					

Mind Tools Co., Ltd. https://www.mindtools.co.th/training/nlp-practitioner/

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