

Sub-Modalities Evaluation

Use the characteristics below to evaluate and determine sub-modalities.

Visual	1	2	3	4
Color / Black & White	C	BW		
Distance - Near / Far	N	F		
Bright / Dim	B	D		
Location	close	further right		
Size of Picture	Big	Smaller		
Focused / Defocused	F	F		
Focus (Changing/Steady)	S	S		
Associated / Dissociated	A	D		
Framed / Panoramic	F	F		
Movie / Still	S	S		
Movie-Fast/Normal/Slow				
Contrast – High / Low				
Dimension - 3D / Flat				
Perspective – View Angle				
Auditory				
Location				
Direction				
Internal / External				
Loud / Soft				
Fast / Slow				
Pitch – High / Low				
Tone & Timbre				
Pauses				
Rhythmic / Irregular				
Duration – Long / Short				
Kinesthetic				
Location				
Movement				
Size				
Shape				
Quality				
Intensity & Duration				
Steady				
Vibration				
Weight				