

Sub-Modalities Evaluation

Use the criteria below to evaluate and determine Sub-Modalities.

	1	2	3	4
Visual				
Black & White or Color				
Near or Far				
Bright or Dim				
Location				
Size of Picture				
Associated / Dissociated				
Focused or Defocused				
Focus (Changing/Steady)				
Framed or Panoramic				
Movie or Still				
Movie-Fast/Normal/Slow				
Amount of Contrast				
3D or Flat				
Angle Viewed From				
Auditory				
Location				
Direction				
Internal or External				
Loud or Soft				
Fast or Slow				
High or Low? (Pitch)				
Tone & Timbre				
Pauses				
Cadence				
Duration				
Uniqueness of Sound				
Kinesthetic				
Location				
Size				
Shape				
Intensity				
Steady				
Movement/ Duration				
Vibration				
Pressure/Heat				
Weight				